



Kyiv protesters' key demands met

Ukrainian prime minister steps down and parliament repeals anti-protester law, but demonstrators still want President Yanukovich to take a hike

PAGE 5

Are cars too quiet?

Governments and companies spending millions looking into this most troubling problem. Seriously

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SAY HELLO TO SOCHI

WE'VE GOT EVERYTHING YOU NEED TO KNOW ABOUT THE OLYMPIC HOST TOWN

PAGES 12-13



Kindergarten students at Vincent Massey Public School cheer after learning they won \$90,000 for a new playground from the Aviva Community Fund. TREVOR GREENWAY/METRO

Sentence not enough for raccoon killer: OHS

Man who killed mother and baby raccoon to serve 60 days in jail

PAGE 2



School scores \$90K for new playground

Aviva Community Fund. Vincent Massey Public hopes to replace dilapidated play structure this summer



TREVOR GREENWAY
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The 140 kindergarten students at Vincent Massey Pub-

lic School will no longer have to fight over the one slide, the single ladder or the lone steering wheel on their feeble play structure.

Instead, they will have to decide if they want to climb all over the brand new play structure, captain the old steam ship or relax in the quiet garden, as the school scored \$90,000 towards a new kindergarten playground from the Aviva Community Fund Competition.

The school found out they won Tuesday morning and has big plans for the cash.

"We are pretty over the moon," said junior kindergarten teacher Kelly Hamilton, adding that the school is looking to add a new structure and other "dramatic play areas," like an old ship, outdoor musical instruments and a quiet area with lush gardens. "The school just went wild."

She said the current play

structure only allows for about six students at a time, which is just not good enough for the hundred-plus rambunctious students who need to expend energy during class breaks.

"Our playground has always been too small, and last summer they removed half of it because of safety reasons, so we just have this little, tiny, tiny play structure left," she said. "And this year, we are full-day kindergarten, so we are out in

the yard for a much longer period of time with a lot more kids at the same time."

The school placed first among 10 other finalists in the Aviva competition. And now that the money has been confirmed, principal Katia Sioufi wants to start spending it.

"I don't have any patience, I want things done yesterday," she laughed, adding she hopes work will begin as soon as school is out for summer.

What are you lookin' at, tough guy?

Metro film critic Richard Crouse takes a look at the roles that make actor Josh Brolin tick

PAGE 10



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Raccoon killer's sentence not enough: Humane Society



A mother raccoon with its baby. The Ottawa Humane Society is criticizing the sentencing of a man to 60 days in jail for brutally killing two raccoons. JEFF HOOPER/METRO

'Heinous crime.' 60-day sentence suggests few consequences for abusing animals, says society head



JOE LOFARO
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An Ottawa man who was handed a sentence of 60 days in jail and 18 months of probation for brutally killing two raccoons — one with a BBQ rotisserie skewer — should have been given a harsher sentence, the Ottawa Humane Society said Tuesday.

Gregory Armstrong, 49, pleaded guilty to charges of causing unnecessary suffering to an animal in relation to the June 11, 2013, incident at his home.

When officials with the OHS arrived, they discovered a gruesome scene.

A mother raccoon had been stabbed in the mouth with the skewer protruding out of the back of its head. The baby raccoon died after

having its head bludgeoned with a hammer.

"Frankly, this was such a horrible, heinous crime," said Bruce Roney, executive director of the OHS.

"I really thought the court would really step up on this one. This was far worse than what we see, typically."

The OHS said it received a call from a concerned neighbour last June who reported a raccoon being locked inside a trap for two days.

OHS had asked the Crown to seek an 18-month jail sentence for the crime. Roney said he was expecting a stronger sentence given the recent public outrage of animal abuses in Ottawa, including the beating of a dog named Breezy that was left for dead in Manor Park in October.

The accused in that case, Steven Helfer, has pleaded guilty to some of his charges and is scheduled to appear in court on Feb. 14.

Armstrong's punishment, Roney said, sends a message to the community that there are few consequences for abusing animals.

Police in Ottawa, Gatineau part of nationwide 'sex slavery' crackdown

Ottawa police said Tuesday they participated in a national, two-day "sex slavery" blitz that involved a total of 26 police forces in 32 cities in an effort to crack down on human traffickers.

Sixteen police officers from central, west, and east divisions of the Ottawa Police Service interviewed 29 women, some as young as 19; however, they made no arrests.

Durham Regional Police led the investigation, dubbed "Operation Northern Spotlight," which sought out women who may have been forced into prostitution. A total of eight people were arrested and 28 charges were laid.

Police focused their efforts on hotels and motels on Jan. 22 and 23, 2014.

More than 330 women were interviewed, with the youngest being 15 years old, police said. The blitz identified 25 suspected human traffickers.

"Police found some were being forced to perform sexual acts, multiple times a day, for paying male customers," Durham police said in a news release. "Although many of the women appear to be making their own decisions to participate for financial gain, investigators found several teenagers and young women were being forced to perform through threats of violence, physical intimidation, drug dependency and other forms of coercion. Part or all of the proceeds from the sexual encounters were kept by their adult male controller or pimp."

Ottawa police said in a news release Tuesday they used the Internet to identify individuals involved in the sex trade and then determined the level of control being exercised.

"Our experience tells us from speaking with victims, that had the police interacted with them early they may have been able to break free from being controlled and this may have made a difference," said Ottawa police Insp. Paul Johnston.

Ottawa police said they investigated "numerous" human trafficking cases in 2013, which resulted in charges being laid in five investigations.

Jamie Byron, 24, is the accused in one of those cases. He is to be sentenced in February after being charged with several offences, includ-



In this file photo, a woman speaks to police in Calgary. A nationwide blitz led to the arrest of eight people and another 25 identified as suspected traffickers. TORSTAR NEWS SERVICE

ing living off the avails of juvenile prostitution, trafficking of a person under the age of 18, and assault.

Gatineau police said they

interviewed 10 women, two of whom were under the influence of a pimp. The youngest of the 10 was 16 years old.

JOE LOFARO/METRO

Ottawa programmers map out new app to note the spot

Notewalk. Social media platform takes geocaching virtual

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It's the digital version of carving a message into a tree.

Notewalk is not just about getting from point A to point B. Rather, it encourages people to leave notes at certain points around town.

"We think of it as a geo-social playground," said Mehdi Jourabbaf, a 24-year-old Carleton University student behind the new, free app that launched Tuesday.

Jourabbaf came up with the idea and pitched it to Adnan Patel, 25, who brought Mahoud Hosseini, 24, on board.

Rather than following people — à la Twitter and Facebook — Notewalk is about following notes people have left behind around town.

The idea is that the map

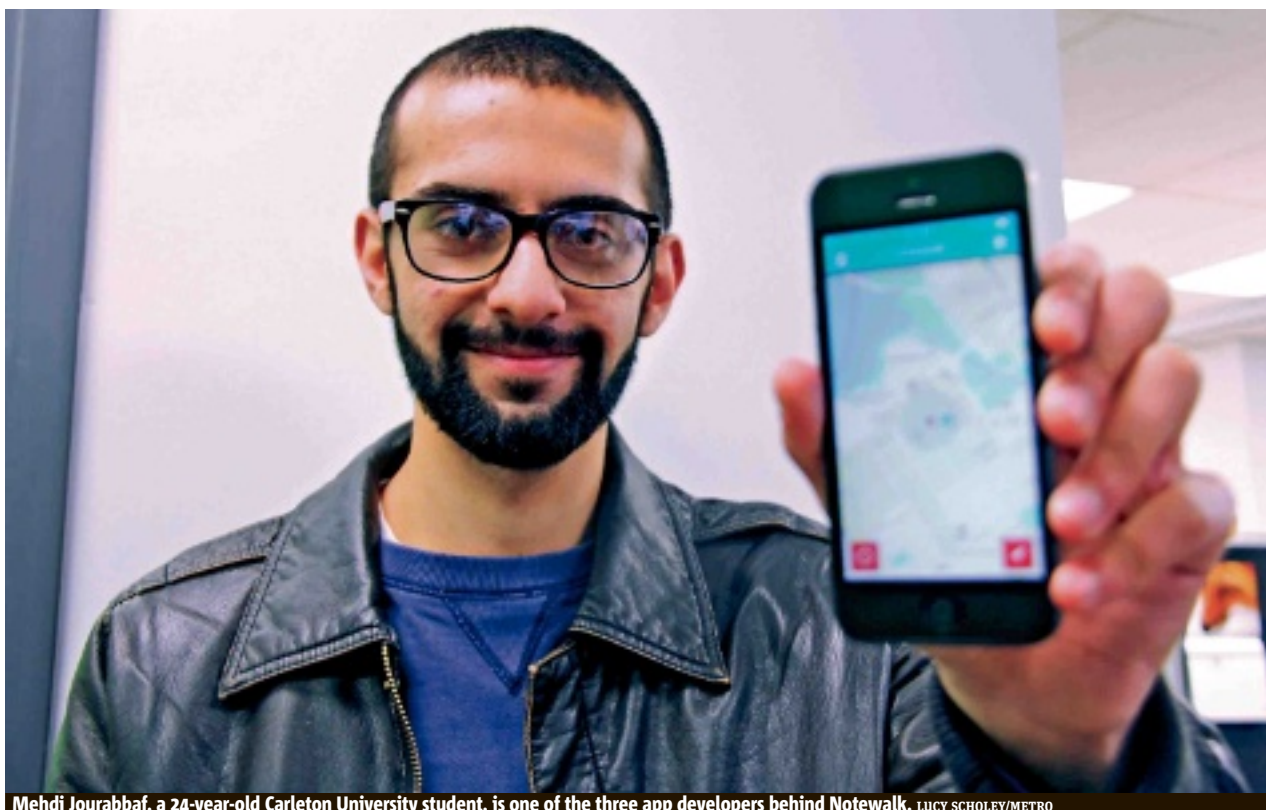
will generate dialogue between users. If someone misses a university class and needs someone to debrief them, they can leave a note. Did you like your lunch today at that new restaurant? You can post about it on Notewalk for others to see — or even privately for your own use.

Although it's still in its early stages, Jourabbaf said there's potential to monetize the app. He said they could eventually start charging businesses a fee to post notes.

Right now, he said, the goal is to get users across the world to leave notes in their respective cities. Without them, the app is a "blank canvas."

"Imagine pulling out your phone and getting this note that can, to some extent, positively impact your day in some way," said Jourabbaf. "We think of that as something valuable."

Currently, it's only downloadable for the iPhone, iPod and iPad, but Jourabbaf said they are looking into making it available to Android users.



Mehdi Jourabbaf, a 24-year-old Carleton University student, is one of the three app developers behind Notewalk. LUCY SCHOLEY/METRO

@OPSMentalHealth

Ottawa police using Twitter to raise awareness of mental health unit

The Ottawa Police Service spent most of Bell Let's Talk Day on Tuesday breaking the ice with its newest Twitter account, @OPSMentalHealth.

The four constables who

work in the Ottawa Police Mental Health Unit (MHU) will monitor the account. On Tuesday, they tweeted several mental health statistics and promoted the #Bell-LetsTalk hashtag, which was trending worldwide.

Bell's Let's Talk Day is an annual fundraising event started to raise money and awareness for mental health initiatives and break down the stigma surrounding

mental illness.

The account will be used primarily for informational purposes, but if someone with a mental illness reaches out to police via Twitter, then an officer will ask that person to call 911 immediately.

Having Ottawa police MHU on Twitter, "can put us on the map," according to Const. Stephane Quesnel.

JOE LOFARO/METRO

Black BMW BTAN 435

Possible abduction being investigated by Ottawa police

Ottawa police are asking the public to help them find a missing vehicle and the people who were in it.

"OPS is actively looking for a 2000 Black BMW 328i bearing Ontario markers BTAN

435 possibly being driven by Andrew Bettencourt age 20 with a female passenger Harmony Nhin age 18," a police press release said Tuesday night.

The police service said in its release their investigation related to a possible abduction Tuesday afternoon in Orleans. The vehicle was last seen eastbound on the 417.

The male driver may be armed and dangerous," police

said.

The public is asked to call 911 if the vehicle or occupants are located, or if they have any information about this incident.

Anyone with information is asked to contact the Ottawa Police Service, East Division, Staff Sergeant Desk at 613-236-1222 extension 3212, or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477. METRO



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Prajeena Karmacharya and David Venn, partners in business and love, own Karma Cashmere, a company that imports handmade cashmere scarves from Nepal. KOMAL MINHAS FOR KOMEDIA

Couple turns heartache into business project

Karma Cashmere.
International romance
turns into import idea

LUCY
SCHOLEY
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Prajeena Karmacharya and David Venn had just married and honeymooned in Nepal when they faced a nine-month separation.

Karmacharya, a native to Nepal, was trying to immigrate to Canada to live with her Halifax-born husband. Going through an "emotionally really difficult" time apart, the couple decided to turn their heartache into a business plan.

Now living in Ottawa three years later, Karmacharya and Venn co-own Karma Cashmere,

a company that imports handmade cashmere scarves from Nepal.

"We saw this as perfect," said 31-year-old Karmacharya, who is now a permanent Canadian resident. "Who doesn't love high quality cashmere?"

It was a way to bring the their two worlds together and foster a mutual love of Nepal. Both have backgrounds in international development and they met while studying for their masters degrees in the Netherlands. When they wed and honeymooned in Nepal, they learned about the production of cashmere. The soft fabric comes from the undercoat of goats that live 14,000-feet high up on chilly mountains. Locals collect the shed fur in the springtime and use it to spin the fabric that's so delicate, it cannot be produced by

machine.

Karmacharya and Venn have met with some of these artisans and even visited a local factory to ensure the working conditions were fair. Some scarves are completely made from cashmere, while others are 70 percent cashmere and 30 per cent silk. Costs range from \$89 to \$139.

But, as their business name implies, Karmacharya and Venn wanted to give back. So Karmacharya said five per cent of the proceeds are going towards a "karma fund" for girls' education, specifically in the mountainous regions of Nepal where young women often face barriers to schooling.

"We believe what goes around, comes around," said Karmacharya.

To purchase a scarf, visit www.karmacashmere.com.

Libel notice

Muslim group demands apology from Harper

A major Canadian Muslim group is demanding an apology from Prime Minister Stephen Harper and his chief spokesman for a comment it says linked the organization to a terrorist group.

The National Council of Canadian Muslims has

filed a notice of libel in the Ontario Superior Court of Justice that accuses Jason MacDonald of acting maliciously when he made the comment earlier this month.

The council had criticized the inclusion of a controversial rabbi in Harper's delegation that went to the Middle East last week.

"Rather than responding to our legitimate concerns, the PMO's director of communications attacked us

and attempted to smear our name by claiming NCCM had 'documented ties to a terrorist organization such as Hamas,'" Ihsaan Gardee, the council's executive director, told a news conference Tuesday.

"Nothing could be further from the truth. NCCM will not let the PMO's false statement stand."

The libel notice is the first step in what could become a formal lawsuit.

THE CANADIAN PRESS

Ukraine PM resigns, anti-protest laws overturned



Riot police warm themselves by a bonfire near the Ukrainian parliament in Kyiv on Tuesday. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

PM-less. President offered the position to opposition leader Arseniy Yatsenyuk, who refused the post

In back-to-back moves aimed at defusing Ukraine's political crisis, the prime minister resigned Tuesday and parliament repealed anti-protest laws that had set off violent clashes between protesters and police.

The two developments were significant concessions to the anti-government protesters who have fought sporadically with police for the last 10 days after two months of peaceful around-the-clock demonstrations. The protests erupted after President Viktor Yanukovich decided to turn toward Russia for a bailout loan instead of signing a deal with the European Union, but have

Unwelcome

Canada's reaction

Senior Ukrainian officials will be barred from Canada as a response to the continuing crackdown on protests in that country, Immigration Minister Chris Alexander said Tuesday.

THE CANADIAN PRESS

since morphed into a general plea for more human rights, less corruption and more democracy in this nation of 45 million.

Other key issues remain unresolved in Ukraine's political crisis, including the opposition's repeated demands for Yanukovich to resign and for a new election to be held.

THE ASSOCIATED PRESS



The 'wheel of torture'

In this photo taken in Manila Jan. 9, a "wheel of torture" is placed at an undisclosed police safe house. Philippine police officers played the game to have fun and punish criminal suspects during interrogations, including bouts of punching named after boxing star Manny Pacquiao, human rights officials and activists said.

COMMISSION ON HUMAN RIGHTS/THE ASSOCIATED PRESS

Nigeria

Kawuri villagers injured in attack

With gunfire exploding all around, Rabi Mallam raced into her hut with her son and granddaughter. But then the suspected Islamic extremists set the home ablaze, and Mallam was severely burned before escaping. By Tuesday, 85 bodies had been found.

THE ASSOCIATED PRESS

Egypt

Morsi defiant at start of trial

Egypt's toppled President Mohammed Morsi stood alone in a soundproof glass-encased metal cage at the start of a new trial Tuesday wearing a white prison uniform, pacing and shouting angrily at the judge in apparent disbelief: "Who are you? Tell me!"

Morsi is on trial with 130

others, including Muslim Brotherhood leaders, and militants from the Palestinian Hamas group and Lebanon's Hezbollah, over charges related to the prison breaks at the height of the 18-day 2011 uprising against his predecessor Hosni Mubarak. After five hours, the trial was adjourned to Feb. 22.

The trial coincided with the third anniversary of one of the most violent days of that revolution that plunged

the country into prolonged turmoil, and that eventually led to the virtual collapse of the police and their withdrawal from the streets.

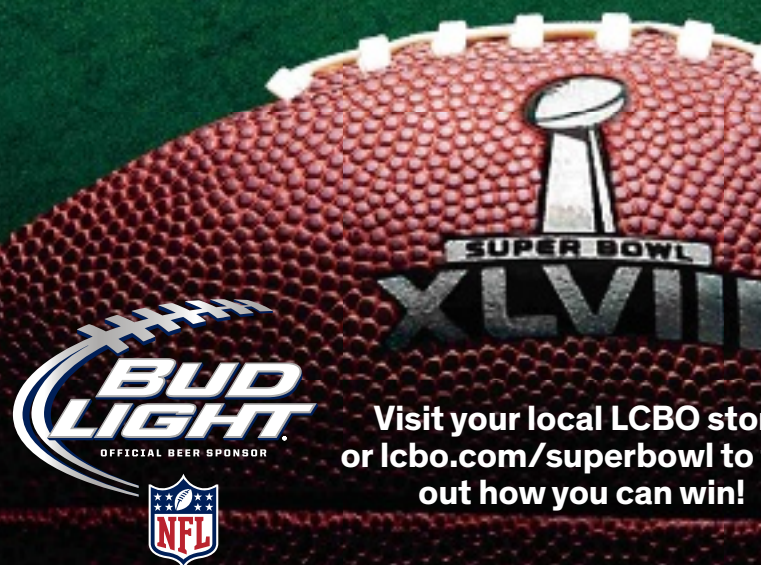
Morsi supporters clashed with police Tuesday in central Cairo. In two separate attacks, gunmen also killed an aide to the country's interior minister in a drive-by shooting outside Cairo and a policeman guarding a church in a southern section of the capital.

THE ASSOCIATED PRESS

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Former soldiers protest closure of Veterans Affairs offices

Veterans and PSAC members make their way to hold a news conference on Parliament Hill in Ottawa on Tuesday. The group is asking the government to reconsider its decision to close Veterans Affairs district offices in nine communities. SEAN KILPATRICK/THE CANADIAN PRESS

Canada ready for a fight in food dispute with U.S.

Labelling. Agriculture minister makes last-ditch attempt to make American lawmakers change rules, says he'll return case to WTO

Canada's agriculture minister says he's hoping to avoid an all-out trade war with the U.S. over food labelling. But Gerry Ritz warns that, if there is a war, he's prepared to fight it.

Ritz has launched a last-minute appeal to American lawmakers to change U.S. food labelling rules through a farm bill that could come to a first

vote as early as Wednesday.

"I'm hoping that cooler minds will prevail, that the pressure that the American industry is bringing to bear in the next day or two will cause some legislators to step back," said Ritz.

Canada has long complained that the so-called Country of Origin Labelling provisions adopted by the U.S. government in 2008 hurt meat industries on both sides of the border.

Hopes for a settlement of the dispute were dashed Monday when U.S. lawmakers reached a deal that did not include changes to the labelling requirements.

Failing any last-minute

amendments, Ritz says Canada will return the dispute to the World Trade Organization, with arguments in the case expected to begin Feb. 18.

"That's a good thing," said Ritz. "It starts to move it

ahead."

If the WTO rules in Canada's favour, tariffs could be imposed by early 2015 on U.S. exports of everything from beef and pork products to grains and fresh fruits. **THE CANADIAN PRESS**

In the meantime

Ritz says Canada will support industry stakeholders in the U.S. and Mexico in a bid to obtain a court injunction preventing the U.S. government from implementing the bill.

- The Canadian Cattlemen's Association said it too would support taking the

fight to the WTO.

- Country-of-origin labelling rules are blamed for complicating the import of meat and livestock into the U.S., driving up the cost of business, and causing an estimated \$1 billion a year in losses.

L'Isle-Verte

Death toll raised in seniors' home fire

Quebec provincial police said Tuesday that 17 are confirmed dead and 15 remain missing after the blaze that ravaged Résidence du Havre in L'Isle-Verte last Thursday. **THE CANADIAN PRESS**

'Misogynistic' attack?

Speaker rejects MP's complaint

The Speaker of the House of Commons rejected an MP's complaint about a "misogynistic" personal attack by a senator. Charmaine Borg had asked Speaker Andrew Scheer to rule her ability to do her job was impaired. **THE CANADIAN PRESS**

Eavesdropping agency

Official calls for more transparency

The government's electronic eavesdropping agency should tell Canadians more about what it's doing, says privacy commissioner Chantal Bernier.

THE CANADIAN PRESS

Pipeline blast

The heat's back on for Manitobans

Natural gas was back again Tuesday in Manitoba communities left without heat following a pipeline explosion. TransCanada said service was restored to most overnight Monday and to the rest by Tuesday. **THE CANADIAN PRESS**

Quebec. Four former provincial officers face fraud, theft charges

The former head of the Quebec provincial police force and three former senior officers have been ordered to appear in court next month on charges of fraud, theft and breach of trust.

Charges filed in Montreal on Tuesday name Richard Deschênes, the force's former director-general, former assistant director Steven Chabot, Alfred Tremblay, a former assistant director of investigations, and Jean Audette, another ex-assistant director in charge of investigations.

All four have been summoned to appear in court on Feb. 13. The date for the appearance was noted in the charges.

The group is charged with fraud and breach of trust in

the performance of their duties and stealing more than \$5,000 from the Quebec government and the provincial police force.

The charges say the acts allegedly committed by Deschênes, Chabot and Tremblay were committed on or around March 17, 2010, while those allegedly committed by Audette happened between Oct. 27, 2011, and Oct. 15, 2012.

Deschênes stepped down unexpectedly and was replaced in October 2012 by Mario Laprise, who issued a statement Tuesday after the charges were made public.

He said the force has instituted measures to review management policies and rules governing expenses.

THE CANADIAN PRESS

'Unacceptable' tweets lead to 10 suspensions at SMU



Ten players have been suspended from the Saint Mary's University football team for allegedly sending sexist, racist and hateful tweets. JEFF HARPER/METRO IN HALIFAX

With 10 players now suspended from the Saint Mary's University football team for allegedly sending sexist, racist and hateful tweets, some students on campus say they're happy to see the university take action, but add this isn't strictly a SMU problem.

"They should be accountable for their actions. Everyone should, especially at this age," said Adele Joyce, a fourth-year student at Saint Mary's, on Tuesday.

One of the player's

tweets allegedly said: "to that bitch that bit me last night. Hope your dead in a ditch. you are scum."

Another player used a gay slur, while more than one retweeted racist and sexist comments.

The tweets were made public after an online publication produced by students at the University of King's College School of Journalism cited a number of tweets from accounts it said belonged to football team members.

Joyce said although the

attention could hurt the school's reputation, it's good the administration is showing they take the comments seriously.

First-year student Jacob Schlinker said the suspensions were necessary in light of September's infamous student-led chant that glorified sex with underage girls and rape and led to media attention from across Canada.

"It's completely unacceptable," said Schlinker about the tweets. "They should be ambassadors for

our school ... putting that in the public really gives us a bad name."

But Schlinker said both incidents could have happened at any university, and are mostly due to a "young male culture" issue.

While it could be difficult to get athletes into a group to discuss sexual violence, Schlinker said it's important to show men it's not OK to condone rape or sexism because they tend to perpetuate it most.

HALEY RYAN/METRO IN HALIFAX

Obama focuses on economic security

State of the Union address. President flexes his power with executive actions

Vowing to act "whenever and wherever" he can, U.S. President Barack Obama unveiled an array of executive ac-

tions in his State of the Union address Tuesday night aimed at bolstering economic security for millions of Americans.

His directives, mostly modest in scope, include increasing wages for some new workers on government contracts, making it easier for lower-income people to save for retirement and providing new incentives to use natural gas.

In a sign of his troubled relationship with the divided Congress, Obama's separate proposals for action by lawmakers were slim and largely focused on old ideas that have gained little traction over the past year. He pressed Congress to revive a stalled immigration overhaul and pass an across-the-board increase in the federal minimum wage. His one new legislation

proposal calls for expanding an income tax credit for workers without children.

He touched only briefly on foreign policy, touting the draw-down of American troops from Afghanistan this year and reiterating his threat to veto any new sanctions Congress levies on Iran while nuclear negotiations with the Islamic republic are underway. **THE ASSOCIATED PRESS**



President Barack Obama works at his desk in the Oval Office in Washington on Monday ahead of Tuesday night's State of the Union speech. **THE ASSOCIATED PRESS**

U.S. Air Force

Over 60 officers may have cheated on missile tests

The number of U.S. Air Force service members implicated in a scandal involving alleged cheating on tests of nuclear missile launch operations has roughly doubled from the 34 initially cited, officials said Tuesday. The tests in question are designed to ensure proficiency by launch officers in handling "emergency war orders," which involve the classified processing of orders received through their chain of command to launch a missile. **THE ASSOCIATED PRESS**

Tennessee

Nun and activists ordered to pay back damages to nuclear weapons plant

A judge has ordered a nun and two other Catholic peace activists to pay full restitution of nearly \$53,000 for damaging the primary U.S. storehouse for bomb-grade uranium.

The three were convicted of sabotage last year after they broke into the nuclear weapons plant in Oak Ridge, Tennessee. The trio cut through fences, splattered blood and hammered on the wall of the plant.

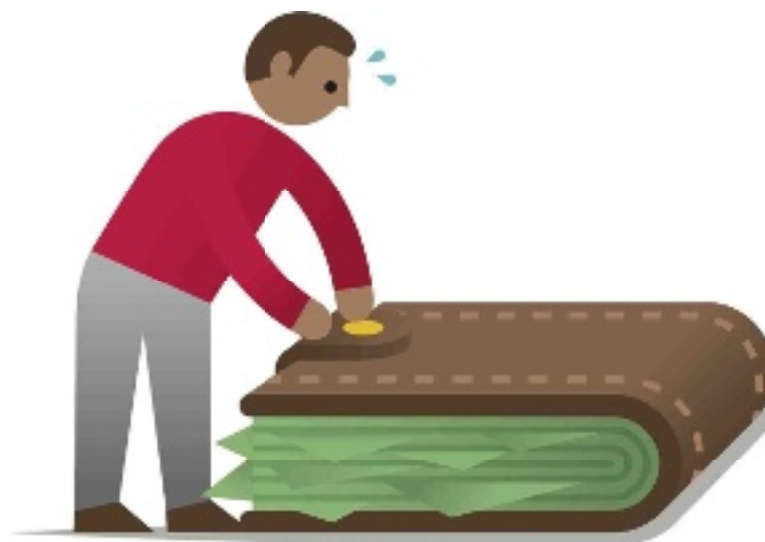
THE ASSOCIATED PRESS



Snowstorm blankets U.S. South

Danielle and Stephen Pilipovic scream along with their father, Roger, as the family enjoys a sled ride down a hill on Tuesday, in Maryville, Tenn. Millions of people across the U.S. South were hit by a rare snow and ice storm Tuesday that brought traffic to a halt and cancelled about 900 flights at the world's busiest airport, in Atlanta.

THE DAILY TIMES, TOM SHERLIN/THE ASSOCIATED PRESS



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OK, Glass, order a pair of 'thin' frames in bright blue 'sky'

Blind as a bat? Google Glass has you covered, offering four frame styles of the wearable, web-connected gadget

Google Glass is getting glasses.

The computerized, Internet-connected goggles don't actually come with lenses in their frame. Starting Tuesday, Google is offering an optional attachment for prescription lenses and new styles of detachable sunglasses.

The move comes as Google Inc. prepares to make Glass available to the general population later this year. Currently, Glass is available only to the tens of thousands of people who are testing and creating apps for it.

Glass is basically a small



The new Google Glass "Bold" prescription frames in shale color are modeled at the Google Glass Basecamp space in New York Friday. THE ASSOCIATED PRESS

computer, with a camera and a display screen above the wearer's right eye. The device sits roughly at eyebrow level, higher than where eyeglasses would go.

The gadget itself is not changing with this announcement. Rather, the Mountain View, Calif., company is now offering four styles of frames for prescription lenses. It's also offering two new types of shades,

in addition to the one previously available. The frames cost \$225 US and the shades, \$150 US. That's on top of the \$1,500 US price of Glass.

Users can take the frames to any vision care provider for prescription lenses. Google says it is working with insurance provider Vision Service Plan to train eye-care providers around the U.S. on how to work with Glass. THE ASSOCIATED PRESS

Not a slave to trends

BlackBerry jumps on FM radio ... 68 years after the CBC

BlackBerry has launched a new feature that it can boast even the latest iPhones don't have: FM radio.

A new version of the BlackBerry 10 operating system, which the Waterloo-based company says includes hundreds of enhancements and new features, started being rolled out Tuesday in Canada.

THE CANADIAN PRESS

Lime mint toothpaste

This may just 'Be' the worst idea since New Coke

Mint chocolate toothpaste?

Procter & Gamble said it is launching a line of Crest toothpastes called "Be" featuring nontraditional flavours: Mint Chocolate Trek, Vanilla Mint Spark and Lime Spearmint Zest.

THE ASSOCIATED PRESS



My (mannequin) body's too bootylicious for ya, babe

The one-size-fits-all mannequin is getting a much-needed makeover. Stores are using more realistic versions of the usually tall, svelte, faceless mannequins in windows and aisles. David's Bridal mannequins soon will get thicker waists, saggy breasts and back fat to mimic a more realistic shape. America's largest bridal chain started changing its fit mannequins used to create gowns to reflect the average body. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Market Minute

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PEACE SYMBOL NEEDS BOLSTERING

The signs are everywhere.

For example, on Sunday, Pope Francis released two white doves of peace from his window at the Vatican, assisted by two extremely cute children.

It was a gesture of hope that the bloody protests in the Ukraine could be resolved.

Seconds after the doves were released, they were attacked by a big nasty crow and an even bigger, nastier seagull.

Well, you don't have to be Robert Langdon — Dan Brown's professor of religious symbolism from Angels and Demons — to get the idea on that one, especially as the world's media gleefully featured a photo of the forces of darkness (crow) locked in a death struggle with faith and hope (snow white dove).

The dove got the worst of it.

It's a little harder to interpret the attack by the seagull, which is not known for its poetics.



JUST SAYIN'
Paul Sullivan
metronews.ca

"Big hungry bird breaks for lunch," perhaps.

Signs aside, there's a perfectly logical scientific explanation for the attack of the angry birds, according to National Geographic. White doves stand out in a crowd of otherwise grey pigeons; they can't hide, and predators single them out for attack.

Which is why those albino wildlife don't last long in nature, another potentially rich vein of overwrought symbology.

Meanwhile, the white dove, a pristine symbol of faith and hope, is just a pigeon of a different colour. It's just as feisty when it comes to fighting for that last scrap and it's known to eat bugs.

Hardly holy.

This is not the first time the Doves of the Vatican have been repelled. The doves of the previous pontiff, Pope Benedict, were attacked by a seagull last year, and then turned

around and tried to fly back into the window, crying "Sanctuary!" in dovish.

Maybe the popes should audition a slightly more robust avian symbol of peace and love. Like the bald eagle, a symbol of America's tough love for generations of banana republicans.

After all, St. Michael the Archangel has a sword for exactly this kind of thing. Some demon, who thinks he's a soft touch with all the long hair and gossamer wings, tries to knock him over — and bam!

Out comes the Sword of Righteousness and our demon is instantly sorry he ever heard of St. Michael the Archangel.

This is really Pope Francis' first PR miscalculation. He has already managed to atone for the sins of the papacy in his famous "Who am I to judge?" interview about gay people. You'd think he might have learned from his predecessor's feathered follies.

Or maybe this will inspire him to reach back into his Gospel and show mercy to his winged tormenters. "Let he who is without sin ... stone the crows."

ZOOM

I'm not ashamed of the way I look



SERGEY KOKINSKIY/SOLENT NEWS

Molting penguin is a head-turner

Even in the animal kingdom, a unique dress sense is sure to catch the eye of an onlooker. Here, a king penguin stands out from the flock as it has not finished its molting process. Photographer Sergey Kokinskiy travelled to the remote island of South Georgia in the southern Atlantic Ocean to capture the penguin flock, which can sometimes number

over 200,000.

Every year in the spring, king penguins molt in order to replace old feathers with new ones, a process that lasts three to four weeks. As they molt, their feathers lose their insulating and waterproofing properties, so during this time penguins stay away from the water until their plumage is fully restored. As they fast while molting, penguins can lose 44 per cent of their original weight. **METRO**

A foreigner on their land



"Penguins' individual features allow the fur to stay on parts of the body longer than others."

Sergey Kokinskiy, from Tula, Russia
"If you sit down and don't make any sudden movements, the penguins will come to you within five or 10 minutes. Some will try to bite you too — out of curiosity."

King of the islands

- **Location.** Sits 1,390 kilometres to the east of Falkland Islands. Administered by the British government.
- **Population.** Approximately 2.23 million pairs of king penguins, with numbers rising. No human residents.

Clickbait



LUKE SIMCOE
Metro Online

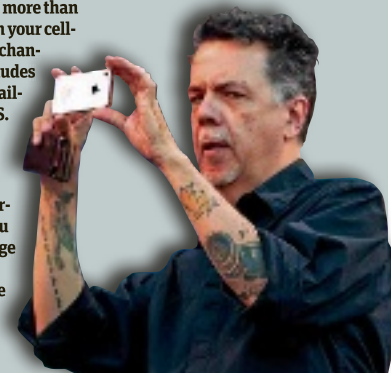
Much of the coverage of technology's darker side has focused on how they — governments, law enforcement, corporations — are using smartphones and computers to watch us. However, a smattering of intrepid developers are trying to turn the tables, building apps that empower us — either by letting us listen in or assist us during an arrest.

Police Scanner 5-0:

This free app lets you stream more than 2,500 police and fire feeds on your cell phone. Most of the available channels are American, but it includes some Canadian ones, too. Available for both Android and iOS.

I'm Getting Arrested:

In the event of an untimely arrest, this Android app lets you broadcast a pre-made message to your friends, family, legal counsel, etc. I want my phone call, indeed.



GETTY IMAGES

Twitter

Blue over here eh?

@metropicks asked: According to Google searches, Canada is boring, corrupt and cold. How do you want Canada to be viewed?

@NerdwithWerds: Canada Home of Hockey and Great Beer

@awdarn: LOL if it keeps them away it's all good

@mtlkeith: Researched by who DUMB AND DUMBER???
#Canadaisthebest

@mtlkeith: Amen brother. Give me a

@iSeeHighPeople: at least other countries (people) like us which is more than I can see for the folks just under us

@igor_mariano: Canada is all about cultural diversity and natural beauties

@PadraigBennett: exemplary in every aspect.

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Need a troubled tough guy for your next film? Call Brolin

Labor Day. From crooks to cons, actor plays shady characters with aplomb



IN FOCUS
Richard Crouse
scene@metronews.ca

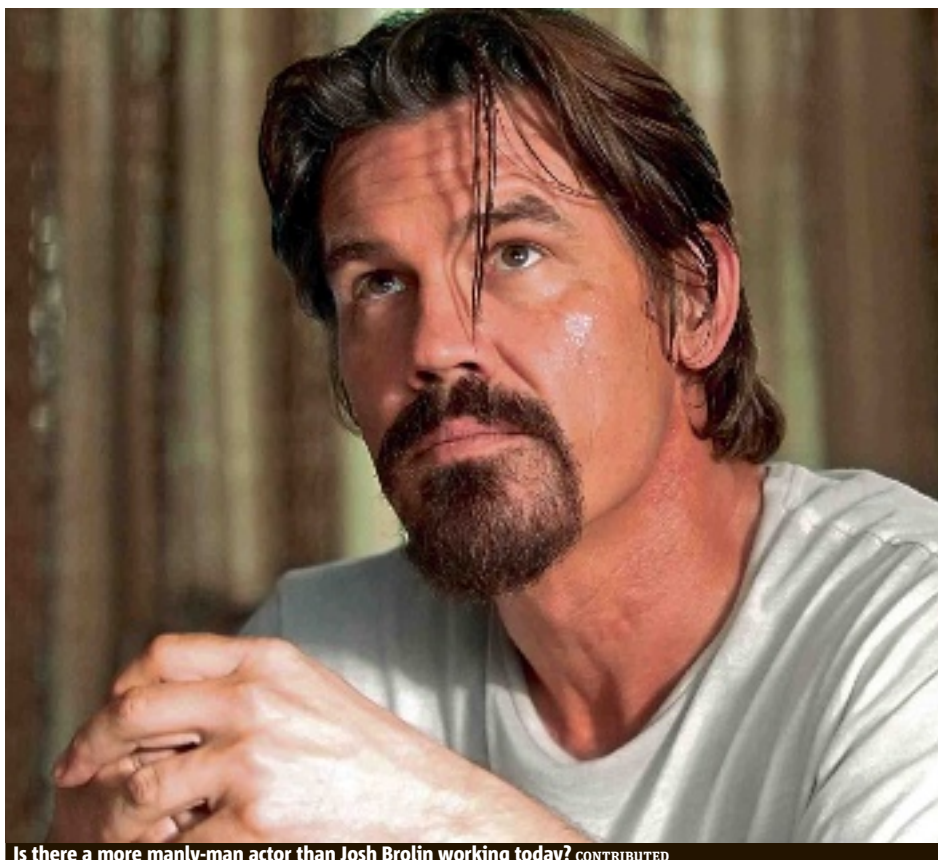
In my review for the recent remake of *Oldboy* I wrote of Josh Brolin, "there is no more manly-man actor in the mold of Lee Marvin or Lee Van Cleef working today."

I guess that shouldn't be a surprise given that he was named after the rough-and-tumble character Josh Randall, played by Steve McQueen in TV's *Wanted: Dead or Alive*.

In *Oldboy* he's so tough he's a practically indestructible force of nature; able to withstand physical punishment that would make Grigori Rasputin look like a wimp.

The tough guy angle is one Brolin plays in a number of films, including his latest *Labor Day*.

He plays an escaped convict who hides out in the home of a depressed, widowed agoraphobic, played by Kate Winslet.



Is there a more manly-man actor than Josh Brolin working today? CONTRIBUTED

Over the course of one long holiday weekend she learns of his dangerous past and before you can say the words *Stockholm Syndrome* has fallen for the ruggedly handsome stranger.

It's the kind of role that Brolin has mastered; the multi-layered tough guy. But according to him, he doesn't seek out those roles.

He says he wracks his "brain like crazy trying to

figure out which films I wanted to be in."

Some of those films include *No Country for Old Men* and *Jonah Hex*.

In the Oscar-nominated *No Country* he plays down-

on-his-luck Llewelyn Moss, who stumbles across the site of a drug deal gone wrong.

Bullet-ridden dead men litter the landscape along with several kilos of heroin and a suitcase stuffed with two million dollars in cash. When he makes off with the money his life and the lives of those around him are changed forever.

Jonah Hex didn't earn any Oscar nods, but did get some Razzie attention in the form of nominations for Worst Screen Couple for Brolin and co-star Megan Fox.

The story of a supernatural bounty hunter set on revenge against the man who killed his family is as disfigured as its main character's face, but Brolin brings his real-life swagger to the role and has fun with some of the tongue-in-what's-left-of-his-cheek lines.

One tough guy role got away from him, however. Online speculation had it that he would be cast as the Caped Crusader in the upcoming *Batman vs. Superman*.

Although he would have been perfect for the part he lost out to Ben Affleck. Contrary to his bruiser persona he was gracious in defeat. "I'm happy for Ben," he said.

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Justin Bieber MIAMI DADE COUNTY JAIL

Bring roses for the judge? Biebs will go a-courting on Valentine's Day

Justin Bieber has a Valentine's Day date with a South Florida judge on charges of DUI, resisting arrest and driving with an expired license.

A Miami-Dade County judge on Tuesday set a Feb. 14 arraignment date for the 19-year-old star. In an arraignment, prosecutors formally file charges and a plea is entered, although a defendant's lawyer can enter the plea in writing. Bieber might not be required to attend.

Bieber and R&B singer Khalil Amir Sharieff were arrested last week in Miami Beach during what police described as an illegal street

drag race between a Lamborghini and a Ferrari. Neither has been charged with drag racing.

Police say Bieber admitted to smoking marijuana, drinking and taking a prescription medication.

Meanwhile, his detractors are growing bolder: A petition has been launched via the White House's online portal calling to have Bieber deported and his green card revoked. The petition has already garnered more than 50,000 signatures, more than enough to earn some sort of response from the White House. **THE ASSOCIATED PRESS AND METRO WORLD NEWS**

Was Sienna the mystery woman heard on Daniel's voice mail?

A U.K. tabloid reporter who has pleaded guilty to phone hacking said Tuesday that he played the News of the World's editor a hacked voice mail left for actor Daniel Craig by actress Sienna Miller, with whom Craig was having an affair.

Dan Evans is a prosecution witness at the trial of his former boss, Andy Coulson, and six others, on charges related to wrongdoing at the now-shuttered Rupert Murdoch-owned tabloid.

Evans told the trial that in 2005 he eavesdropped on Craig's voice mails and heard a message from a woman saying: "Hi, it's me. Cannot speak. I'm at the Groucho (Club) with Jude. I love you."

The call came from Miller's number. The newspaper later ran a story alleging an affair between the actress — then involved with Jude Law — and future 007 Craig.

Evans said Coulson heard the recording, then told him how to cover his tracks by making a copy, putting it in a

bag and taking it to the newspaper's reception so it would look like it had been dropped off anonymously.

Murdoch shut the tabloid News of the World in 2011 after details emerged of the scale of its snooping on celebrities, politicians and others in the public eye.

THE ASSOCIATED PRESS



Daniel Craig GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Will Madge sing with Miley?

MELINDA
TAUB

Metro World News

I've been saying for some time now that the reason for Miley Cyrus' aggressive sexuality and sexy space alien look is that she's trying to be our generation's Madonna. However, I never expected that this would endear her to the original Madonna — the two are apparently planning a performance together.

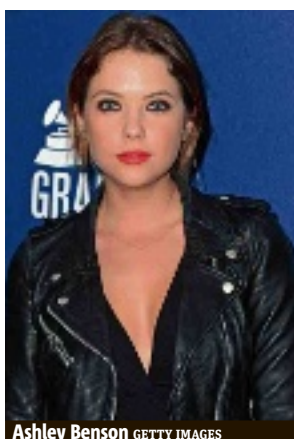
Miley is working on an acoustic set for MTV's Unplugged. It seems like a good move for the Bangerz star: She's got the fame, now she needs the cred that comes from a vocal-driven, stripped-down set with no midgits



to spank or foam fingers to hump. And according to E! Online, rumour has it the Material Girl herself will stop by to perform with Miley.

The two were reportedly spotted rehearsing together, but MTV hasn't confirmed Madonna's appearance.

Ashley Benson draws the bikini line



Ashley Benson GETTY IMAGES

Ashley Benson did some fairly revealing work in Spring Breakers last year, but don't expect to see much more of the Pretty Little Liars star on screen. "I never want to do nudity that's gratuitous. Girls look so much better in lingerie or a T-shirt and leave the rest up to the imagination," she tells Cosmopolitan magazine. "I make it clear that I have a line. Everyone tries to push you, and it's easy to get talked into doing those things. I'll just walk off set. But not everyone realizes they can do that."

METRO WORLD NEWS



Flavor Flav GETTY IMAGES

Rapper Flavor Flav released after speeding without a license

A New York judge has released Flavor Flav without bail in his speeding case. State police say the rapper, whose real name is William Drayton, was speeding and driving without a license en route to his mother's funeral on Jan. 9. The rapper pleaded not guilty Tuesday.

Drayton, who lives in Las Vegas, was accused of driving 79 m.p.h. (127 km/h) in a 55

m.p.h. (89 km/h) zone on Long Island. Police say the Long Island native also had a small amount of marijuana.

His lawyer told the judge that she has taken care of 16 outstanding traffic matters.

Drayton had to remove his trademark clock from around his neck to pass through the metal detector. After court, he told journalists that "God is good." **THE ASSOCIATED PRESS**

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Welcome to Sochi

No doubt you have some questions about the Russian locale that will play host to the 2014 Winter Olympics. Here are a few details about the resort city dubbed the Russian Riviera.

THE ASSOCIATED PRESS

For visitors to the Winter Olympics, Sochi may feel like a landscape from a dream — familiar and strange at once. Palm trees evoke a tropical seaside resort, but the Black Sea itself is seriously cold; turn away from the palms and the jagged, snow-covered peaks of the Caucasus Mountains rise nearby. Lively and garish modern buildings mix with Stalin Gothic piles, like trophy wives on the arms of elderly men. Billboards are written in an

alphabet in which some letters sound exactly like you think they do, others mean something else and the rest are flat-out alien. What may seem oddest of all is the city's cheerful and relaxed aura in a country stereotyped as dour. Even a local statue of Vladimir Lenin catches the casual vibe. He's not haranguing the masses, just standing under some trees with one hand in his pocket as if he's killing time waiting for a date.

Will they understand me?

Volunteer staff at Olympics test events spoke excellent English and sometimes struck up conversations just to improve their skills (or show off). But outside the Olympic venues and large hotels, communication in languages other than Russian is likely to be difficult. The Games' organizing committee recommends that mobile device users download a translation app.

The Cyrillic alphabet isn't as hard as it may look, and spending a couple of hours to master it brings sizeable rewards. Russian has many loanwords from English, French and German, so being able to sound out words can make the place pop into better focus. For example, knowing that "teatp" is pronounced "teater," it's a reasonable and correct guess that it means "theatre." Note that bars advertising "xayc" are offering "house" music and not a homey atmosphere.

What's for dinner?

Russian cooking can be hard on the waistline but good for the taste buds. Even nominally low-calorie soups such as the beet-based borscht boost their count when a typical large dollop of sour cream is added. Pelmeni, dumplings filled with minced meat or vegetables, meet almost everyone's taste. Entrees often come without additional items, so potatoes and other vegetables must be ordered separately. Russia has a wine industry of sorts, but refined palates may find it disappointing. Vodka, seen as both Russia's treasure and its curse, is often ordered by the gram, with 100 grams

(3.5 ounces) the standard to get the night started. Sochi is also a good place to sample the food of nearby Georgia, including the renowned cheese-filled hot bread called khachapuri; as well as tsatsivi, or chicken in walnut sauce; and the plum-based soup kharcho.



An aerial view of some of the Olympic buildings under construction in Sochi. GETTY IMAGES

Am I in Sochi?

Rather like New York City, Sochi is a sprawling municipality, incorporating four boroughs. Confusingly, one of the four is called Sochi. So it's possible to both be in Sochi and say "I'm going to Sochi."

All the Olympic events

take place in the Adler borough, though the snow sports venues are often referred to as being in specific settlements such as Krasnaya Polyana and Esto-Sadok.

Sochi borough is more or less the Manhattan of the city, home to the best restaurants, coolest clubs

and the main cultural institutions. The urban part of Adler also has attractive restaurants. But while its attractions are relatively cosmopolitan, and its coastline is 90 miles long (145 kilometres), Sochi is not a big city population-wise, with only about 350,000 inhabitants.



Both the Black Sea and Sochi's daytime temperatures should be around 10 C during the Games. THE ASSOCIATED PRESS

How's the weather?

Rain, snow, sun, fog, warmish, cold — a few days at the Olympics likely will include them all. On the

coast, where the ice sports and opening and closing ceremonies take place, daytime temperatures should be around 50 F (10 C) and freezing is unlikely. In the mountains, temperatures

generally don't get severely cold; at the lower elevations, where ski-jumping and sliding sports take place, the prospect of rain and above-freezing temperatures is a concern.



The Caucasus Mountains rise above Sochi. ISTOCK



What can I do besides watch sports?

Downtown Sochi and Adler both have long and appealing seaside promenades, complete with tacky souvenir stands, lively bars and restaurants. Sochi also has an attractive passenger harbour, whose spired terminal is one of the city's standout buildings, and an art museum.

The most idiosyncratic attraction may be Sochi's extensive mountainside botanical garden, the Dendrium, with an unusual array of plants showing the variable climate.

Sochi has long been a choice destination for Russia's political elite. Joseph Stalin's summer residence in Zeleni Mys even features a wax mannequin of the dictator at his desk. A swim in the Black Sea may make an unusual Winter Olympics memory. The beaches are stony and the water temperature will be around 50 F (10 C); concerns have



Tired of the sports? Shop for some Russian tchotchkes in downtown Sochi and Adler. THE ASSOCIATED PRESS

been raised about pollution in the sea around Dagomys, north of downtown Sochi. Although most of Sochi's sports facilities will be devoted to the Games, the Gornaya Karusel ski area expects to have some slopes open to the public, organizers say. A classic Russian way to while away an after-

noon is a trip to the banya, like a sauna but somewhat steamier. If your hotel doesn't have one, it can likely recommend a good one nearby. A proper trip to the banya involves several hours of repeatedly heating up and cooling down, along with snacking and having a few drinks.

Local tourist agencies offer other excursions. These include day trips to the separatist Georgian region of Abkhazia, but visitors will need a double-entry Russian visa to get back into Sochi, and travel to the rest of Georgia is forbidden to those who come to Abkhazia from the Russian side.

Cancun is all grown up

Beyond spring break.

Mexico's top resort destination is ramping up the class with new attractions and amenities

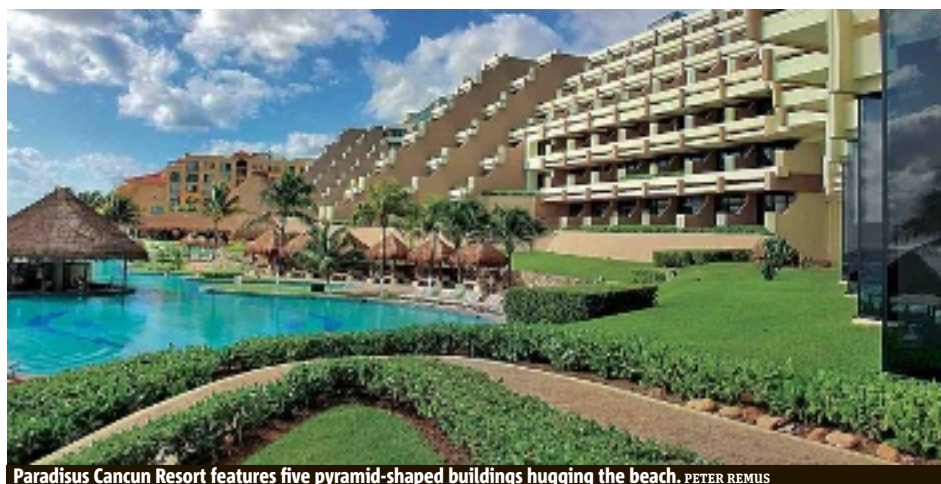


ON THE MOVE
Loren Christie
life@metronews.ca

More than 40 years after its inception and subsequent transformation into Mexico's premiere resort destination, Cancun is embracing middle age. No longer just a place for college kids to get their groove on, Cancun is smart, sleek and more appealing than ever before.

Learn

Instead of worrying about the end of the world, Cancun marked the end of 2012 and the latest cycle in the Mayan calendar by opening the Cancun Maya Museum. Located in



Paradisus Cancun Resort features five pyramid-shaped buildings hugging the beach. PETER REMUS

the middle of the hotel zone, the museum boasts three exhibition halls housing 350 artifacts, which tell the history of the Maya in the Yucatán.

The incredibly serene grounds contain the stone remains of the San Miguelito archeological site, inhabited more than 800 years ago. A quick wander through the museum and grounds will fuel your passion to get out and ex-

plore larger sites like Tulum or Chichén Itzá, one of the new Seven Wonders of the World.

Play

The Mesoamerican Barrier Reef is the world's second largest reef after Australia's Great Barrier Reef. It runs along the coast of the Yucatán Peninsula, making the waters off of Cancun a paradise for snorkellers and scuba divers. You can also

sail or boat or take a day trip to Isla Mujeres. An easy excursion from Cancun, the island is a quieter, more low-key option for those looking to escape the crowds on the beaches off of Kukulcan Boulevard.

See

The city's latest offering is the inspired Cancun Underwater Museum, a collection of 400 submerged sculptures by eco-



The Cancun Underwater Museum features 400 submerged sculptures. CANCUN CVB

sculptor Jason deCaires Taylor. The sculptures tell stories envisioned by the artist and are made with materials that are safe for the marine life. Together, the sculptures serve as an artificial reef and provide protection to the delicate coral. Bring a snorkel and mask for a close up look.

Stay

The recently renovated Paradis-

us Cancun Resort is comprised of five pyramid shaped structures hugging the beach.

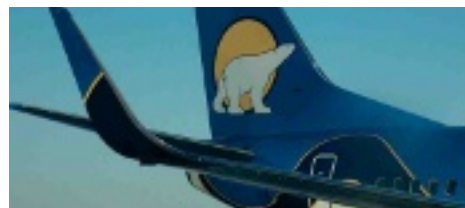
Apart from noticeably impressive service levels, the hotel's focus on food and drink makes it a great choice among the 150 hotels available to book. It offers an all inclusive daily rate, which is perfect for people who want to worry about the budget before vacation, not during.

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metro

WINTERLUDE

Wednesday, January 29, 2014

It's cool to enjoy winter

Festival. Winterlude features a generous helping of the season's best activities

PETER DOYLE
For Metro

The 36th edition of Winterlude celebrates that Canada and winter are inextricably linked — winter helps define Canada (“the true North strong and free”) and Canadians.

To quote a 1964 song by Gilles Vigneault — Quebec's top chansonnier — “Mon pays ce n'est pas un pays, c'est l'hiver” (my country is not a country, it's winter). Most Canadians take great pride in surviving the elements and recognize that the key to surviving winter is to get outside and enjoy the best of the season.

For most of February, Winterlude presents a generous helping of the season's best with a wide range of physical, cultural and social activities. This year, Winterlude is also paying tribute to a few historic and current events. In

More information

- Winterlude begins Friday and runs through to Feb. 17. The main event locations include the Rideau Canal Skateway, Crystal Garden in Confederation Park, and Snowflake Kingdom in Jacques-Cartier Park (Gatineau).

honour of the 150th anniversary of the Charlottetown and Quebec conferences that led to the foundation of Canada, for instance, the folk music traditions of Prince Edward Island and Quebec will be featured prominently in Confederation Park on the festival's opening night (Friday). To mark the 100th anniversary of the start of the First World War, Veterans Affairs Canada will present a majestic ice sculpture made from 100 blocks of ice beginning Feb 6. With the Sochi Olympics



Winterlude, which begins Friday and runs through to Feb. 17, presents a generous helping of the season's best with a wide range of physical, cultural and social activities. One of those activities includes a ride down an ice slide. CANADIAN HERITAGE PHOTO

around the corner, winter sports and games will dominate Jacques-Cartier Park during Winterlude. Park visitors can learn to downhill ski, be photographed in a bobsled, negotiate an obstacle course, help celebrate the 50th anniversary of ringette in Canada, and meet with (and take shots on) former members of the

national sledge hockey team. “Starting (Friday), Canada's Capital Region will welcome hundreds of thousands of visitors to the 36th edition of Winterlude, a showcase of our country's winter traditions, sports and artistic talent,” said Shelly Glover, minister of Canadian heritage and official languages. “We invite

people of all ages to take part, discover and celebrate what unites us as Canadians from coast to coast to coast.”

Winter has long been a central theme of Canadian culture, from the book *Roughing It In The Bush* and the 19th-century works of Cornelius Krieghoff, to *The Hockey Sweater*, *Four Strong*

Winds and Sam Roberts' *The Canadian Dream* (“everything moves real slow when it's 40 below”). This cultural connection will be celebrated in a number of Winterlude events, including art exhibitions, craft activities and live performances.

This Winterlude, embrace your inner Canadian.



IMAGE: kaboom.ca - Child's sleigh © CMH, photo Steven Darby

Snow

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Canada

The Big 3 hot spots

A quick guide to the hot spots of Winterlude, Ottawa's coolest festival.

Jacques-Cartier Park

Jacques-Cartier Park, on the Quebec shore of the Ottawa River, is a unique winter playground for children of all ages. During Winterlude, the park is home to the Snowflake Kingdom, a world of snow and ice slides, roving performers and more activities than you can shake a frozen stick at.

Rideau Canal Skateway

As one of the National Capital's defining landmarks, the Rideau Canal plays a central role in Winterlude. For several weeks each year, a 7.8-kilometre stretch of this historic waterway is transformed into Canada's longest skating rink.

Confederation Park

Located in downtown Ottawa along the Rideau Canal Skateway, Confederation Park serves as Winterlude central. Celebrations officially begin Friday at 7 p.m. with the Great Winter Ball. Confederation Park is also home to another hallmark of Winterlude — ice carvings. Dozens of these artistic creations will be on display throughout the festival.

PETER DOYLE



A child plays with coloured ice blocks at Crystal Garden in Confederation Park during a past Winterlude. CANADIAN HERITAGE PHOTO

More partners equals more events

PETER DOYLE
For Metro

The 36th edition of Winterlude is by far the largest and most diverse in the festival's history, thanks to a growing number of partners.

This year, more than 90 partners from the National Capital Region's private and public sectors will stage a wide range of indoor and outdoor events and activities. The number of partners has grown dramatically in recent years as a result of a carefully

crafted strategy launched in 2011.

"That year, we revamped the festival's business model to involve more partners and increase overall impact," said Denise LeBlanc of Canadian Heritage, which took over responsibility for Winterlude from the National Capital Commission last year. "We had about a dozen partners in 2011 and added more in 2012 and 2013."

Involving local business improvement areas (BIAs) has been key to the strategy's success, said Peggy DuCharme,

executive director of Downtown Rideau BIA.

"Winterlude has always been good for business because it draws hundreds of thousands of tourists each year and gets local residents to venture out during the middle of winter," DuCharme said.

"By encouraging businesses to stage events of their own, Winterlude has become more diverse and added more weather-protected activities."

DuCharme is the force behind Chill Factor, a series of events coinciding with

Winterlude. A highly successful partner event, Chill Factor won an Ottawa Tourism award last year.

"Part of my role is to encourage members of our BIA to get creative and provide complimentary activities and offerings," says DuCharme. "And while the BIA handles much of the promotional work for Chill Factor, it's up to member businesses to make improvements at the customer-service level — such as by setting aside space to store skates when people come into a restaurant."

Eclectic Winterlude

Get off the beaten path during this year's festival with the following events.

- **German-Canadian Graffiti Jam.** Watch Canadian and German artists create murals commemorating the 25th anniversary of the fall of the Berlin Wall. German Embassy, 1 Waverly St., Feb. 16, from noon to 9 p.m.
- **Yeti Challenge.** Bring out your inner beast by competing in a winter obstacle course race on a ski hill. Held Feb. 8 at Ski Edelweiss outside Wakefield, Que., the event features separate courses for children, teenagers and adults. First race starts at 9 a.m.
- **Chinese New Year Parade.** With colourful dragons and lions, firecrackers and "lucky" money for the kids, Chinatown's Lunar New Year Lion Dance Parade has it all. The parade is scheduled for Feb. 8, from 1-2:30 p.m. along Somerset between Preston and Bay streets.
- **Art Walk.** Stroll along Wellington West neighbourhood and drop in to five independent art galleries — Cube, Gallery 3, Exposure, Fritz and Orange. Feb. 6, from 5-9 p.m.
- **Circus Acts.** Jugglers and acrobats put on a series of shows at the Museum of Civilization. Feb. 3 starting at 6 p.m.

PETER DOYLE



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Chips off the old ice block

Competition. Ice carvers from around the world will showcase their creativity and technical ability

PETER DOYLE
For Metro

Ice carvings have long been a feature attraction of Winterlude. This year will mark the 27th edition of the international ice carving competition where artists are given 18 pristine blocks of ice and 30 hours (over three days) to carve out their creations.

"It's an amazing process," said Kevin Ashe, competing in the Winterlude event for the 11th year in a row.

As teenager, Ashe developed a love of sculpture through courses he completed at the Ottawa School of Art. In recent years, Ashe has represented Canada at ice carving competitions around the world. He and carving partner Suguru Kanbayashi

finished second at a competition in Poland in 2013.

"Ice carving requires a mix of creativity and technical ability," said Ashe, one of the few competitors on the international circuit (yes, there are a series of competitions around the world) to hold down a full-time job. "Suguru and I are well matched because I'm strong artistically and he's strong technically."

The first secret of ice carving is the medium itself. Instead of regular ice, carvers use only blocks made by a Clinebell machine, which removes contaminants as it freezes tap water into crystal-clear, extra-dense blocks weighing approximately 140 kilograms each. The carving equipment is also specialized — electric chainsaws and die grinders (handheld routers)



An ice carver works on his creation at a previous Winterlude.
CANADIAN HERITAGE PHOTOS

equipped with precision bits.

The theme for this year's Winterlude competition, Memories, is only one of many factors that competi-

tors must consider.

"The most important factor is weather," Ashe said. "If it's mild, the sculpture has to be extra strong so that it lasts



An ice carving of birds on display at a past Winterlude.

until the judging is done. And even when it's cold, the sun will affect ice sculptures — UV rays make the ice turn cloudy. Time management is also a big consideration — you want to leave enough time for all of the finishing touches."

A piece that Ashe is particularly proud of is the snowboarder figure he carved for the Vancouver Olympics, which earned him first place in the single-block competition.

"That piece helped us finish fourth overall in the combined event, even though one of the arms fell off as the judges were approaching,"



An ice carver created this sea horse at a past Winterlude.

Ashe said with a laugh. "This is not an art form that lasts very long."



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Chowder leaves room for imagination

Weeknight meal.

Loaded with seafood, this dish allows you to improvise ingredients without sacrificing any of the flavour



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This chowder is quick enough to make for a weeknight meal or to keep in mind when entertaining on the weekend.

It has a creamy base to it but is not heavy because it uses milk instead of cream.

You can jazz the chowder up with additional flavours by

Ingredients

- 1 tbsp (15 ml) vegetable oil
- 1 shallot, chopped
- 2 cloves garlic, minced
- 2 stalks celery, thinly sliced
- 1 pkg (8 oz/227 g) mushrooms, thinly sliced
- 1 red pepper, diced
- 1 tbsp (15 ml) chopped fresh tarragon or 1 tsp (5 ml) dried
- 2 cups (500 ml) 2 % milk
- 2 cups (500 ml) sodium reduced chicken broth
- 6 oz (200 g) raw shrimp, peeled and deveined, chopped
- 6 oz (200 g) bay scallops
- 1 can (142 g) baby clams, drained and rinsed



This recipe makes six servings. EMILY RICHARDS

adding diced tomatoes or other vegetables like peas and corn. Check out your pantry and get creative in the kitchen.

Tarragon is a licorice-flavoured fresh herb that shines through in this soup. Dried tarragon works just as well in a pinch. If tarragon isn't available, use Italian parsley for a

fresh alternative.

Serve this soup with garlic bread and a green salad for a heart warming dinner that's perfect for a cold winter's night while keeping healthy in mind.

1. Heat oil in soup pot over medium high heat and cook shallot, garlic, celery, mush-

rooms, pepper and tarragon 10 mins or until liquid evaporates.

2. Add milk and broth and bring to a gentle boil.

3. Add shrimp, scallop and clams and simmer for about 5 mins or until scallops are opaque and firm.

Cooking tips

- Look for fresh seafood at your local grocer and use it the same day or by the next day. If you are purchasing frozen seafood, let it thaw overnight in the refrigerator.
- You can use salmon to replace either the shrimp or scallops. One salmon portion, which is usually about 5 oz (150 g), is the perfect amount for this soup.

**START TO
FINISH
30 MINUTES**

Just throw it in the bag — literally

1. Heat the oven to 400 F. Cut the orange and lemon in half crosswise. Thinly slice 1/2 of the orange and 1/2 of the lemon. Juice the remaining halves of both fruits.

2. Set a 24-inch-long sheet of kitchen parchment on a baking sheet. Fold the sheet in half across the short side, then open the folded parchment (like a book), leaving one half of it on the baking sheet. Arrange about half of the orange and lemon slices in a single layer in the centre of the parchment on the baking sheet.

3. Sprinkle half the rosemary over the citrus slices. Set the salmon over the rosemary, then sprinkle with salt, the citrus juices and oil. Scatter the olives and chili over the salmon pieces. Top each piece

of salmon with a quarter of the remaining rosemary and citrus slices.

4. Fold the second half of the parchment over the fish, then crimp and fold the edges

together to create a sealed packet. Bake — on the sheet pan — on the oven's middle shelf for 10 to 12 minutes, or until just cooked through (stick a paring knife through the parchment and salmon; it should move easily through the fish if done).

5. Cut open the parchment, discard the citrus slices from the top of the salmon, then place each piece on a serving plate. Spoon some of the olives, chilies, rosemary and juices over each piece. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 small orange
- 1 lemon
- 1/4 cup chopped fresh rosemary
- Four skinless 6-oz centre cut salmon fillet pieces
- Kosher salt
- 2 tbsp extra-virgin olive oil
- 1/3 cup pitted and chopped olives, preferably oil-cured
- 1/2 serrano chili, thinly sliced crosswise



This Salmon Baked In a Bag recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

What do you have to say for myself?

The feedback we crave. How to get it, how to use it, and how to give it back

**SIDNEY EVE
MATRIX**
TalentEgg.ca

Recently, Canadian Olympic athletes were surveyed by Mondelēz Canada about the best ways for spectators to cheer them on to a gold medal standing in Sochi.

Fully three-quarters of them said that "hearing their fans cheering and shouting" and seeing them "waving encouraging signs of support" is highly motivational.

Feedback matters, to athletes, to all of us.

Sometimes feedback isn't easy to come by. For Gen Y, a cohort accustomed to the instantaneity of social media feedback loops, it can be frustrating when your work performance isn't evaluated. If feedback expectations are unmet, employees are likely to feel unmotivated, isolated, and are more apt to jump ship.

Thanks anyway:
ignoring the wrong
feedback

At other times we get feedback



We, like our awesome Olympians, deserve to hear cheers when we're doing great things. THE CANADIAN PRESS FILE

but fail to act on it.

This is especially common if the feedback feels like it's the wrong kind.

For example, we're unlikely to take feedback to heart when it seems contradictory. Likewise for many, praise and recognition, while nice to hear, are not what we most crave at work.

It turns out that six out of ten people prefer corrective feedback (such as suggestions for improvement) over positive feedback (such as congratulatory comments), ac-

Need to brainstorm on that business idea?

- If you have a new project or entrepreneurial endeavour and want to test it out and get some feedback on it, try Quora for general questions, and Kickstarter for both community feedback and funding support.

cording to Harvard Business Review.

Key attributes of efficient and usable feedback are frequency, clarity, and specificity, observes Jay Gilbert in the University of Western Ontario's Ivey Business Journal. But it takes time, and a lot of it, to provide that kind of personalized feedback.

As employers seek to create a culture of feedback and collaboration, more are adopting enterprise software systems to socialize employee reviews.

Helping staff get 360-degree peer-to-peer feedback — not once a year but continuously — is the idea.

It makes good business sense, because research shows

that regular, low-stakes assessment is highly effective. That's because it allows the receiver to make incremental improvements and small adjustments. They are then less likely to become immobilized, defeated, and overwhelmed by a deluge of decontextualized feedback in an annual assessment.

Social feedback

If you feel the need for more feedback on your creative work and ideas, turn to the social web.

A bit of web sleuthing is almost guaranteed to uncover a niche community where you can engage in commentary, ask questions, and practice

social reciprocity by giving feedback while also receiving it. Some examples:

Graphic designers and photographers

Look to the Behance network or DeviantART (both have free/paid options) to showcase and discover design work and submit your creative work for critique by a global community. If you're a photographer, Flickr or 1X (free/paid) communities are good bets to receive professional feedback. All of these sites also do double duty by hosting online creative portfolios for a fee.

Writers and editors

Want feedback on your writing? Beyond fan fiction sites, visit ABCTales (free) or Critique Circle (paid), two large active communities where published and aspiring authors can share, discuss and develop their work.

Fashion designers and stylists

For fashionistas, try LookBook and Polyvore to get community feedback from other (established as well as up-and-coming) stylists, models, and designers.

And as a bonus, by becoming involved in a feedback community, online or off, you'll also expand your professional networks — and don't forget that volunteering is another way to garner feedback while giving back.

Don't be surprised if a quest for feedback ends up inspiring your next great idea and uncovers some collaborators to help make it happen.

THIS ARTICLE IS EXCERPTED FROM MY PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

#QuestionoftheDay

If you could give your former self just ONE piece of career advice, what would it be?



@EDSPowell

I'd warn past-me that "concentrating on school" is not an exemption from "planning for after graduation."

@GarretHowes

get real experience before graduating. Joining different school initiatives, volunteering etc...

@Sanchital

Create a 3 year short term plan & prepare questions on team culture/attitude & abilities for mentorship in yr interviews.

@ademoba

start your career in finance, stick with it and do a CFA

@robin_isTO:

"relax, be yourself" #beyourself #confidence

@graymalk:

it would be: don't waste time being too scared to try engineering. You can do it.

@HaliSamantha:

If I could give my former self ONE piece of career advice it would be: Do loads of informational interviews!

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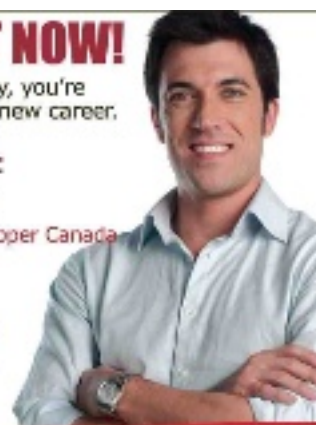
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It's raining mentors, hallelujah!

Happy National Mentoring Month. The time is right to consider the qualities of a good mentoring relationship, and some strategies for finding a great advisor

**SIDNEY EVE
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It's a truism that having a mentor is important if you want to fast track your career.

An experienced advisor can steer you along a career trajectory, navigating around professional obstacles and raising your profile with senior executives.

Gaining the public endorsement of your mentor can go a long way toward building your professional credibility, especially if they are a recognized leader in the field. They can also assist you to better understand the industry.

Three qualities of great mentors

There is a long list of attributes to a successful mentoring relationship, but here are three of the most cited.

Accessibility

The right mentor can help you develop the skills for career success — and unlock a world of opportunity.

It may seem obvious, but a good mentor will consistently make time for you in their schedule. You'll get more out of a busy advisor if your meetings are structured with an agenda or at the very least, by a list of questions you come prepared with to productively guide the conversation.

Good listener

Your mentor must seek to understand who you are and what you need before jumping in with advice, knowledge and insights. Instead of delivering a lecture, the best mentors listen actively and ask the right questions — inspiring you to do the thinking.



Your mentor is someone you can trust to provide sincere performance feedback, since they are invested in seeing you succeed. ISTOCK

Confidence builder

In the process of engaging with your mentor you should be developing greater self-awareness. Your mentor should help you to see and believe in your own potential, challenge and inspire you, and encourage you to reach for your highest goals.

Finding your career mentor

Many workplaces have formal mentoring programs, but there are many ways to find informal mentoring

relationships on your own.

Go back to class

Register yourself in a professional development seminar to learn a new skill or upgrade existing ones — and in the processes connect with industry experts. For example: Canadian Marketing Association seminars, the Entrepreneurs' Organization, the Canadian Association of Women Executives.

Use social media

Find, follow, and reach out online to influencers on Twitter, Google+, LinkedIn

and Quora — to build a personal learning network. And don't forget to join and contribute to LinkedIn Groups.

Fill up your events calendar

Research and plan to attend industry events, to learn what's new and connect with organizers and speakers as prospective mentors. Introduce yourself, business card in hand, and having done your homework and perfected your elevator speech. And because, as Seth Godin rightly observed, "no one ac-

tually ever bought anything on an elevator" — craft your speech to begin professional relationships, not as a hard sell seeking to close a deal.

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Backlog on 'D' indeed



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

On Dec. 12, Marc Methot came down with the flu and Cody Ceci was recalled as an emergency replacement. Twenty-one games later, the 20-year-old is still a bright light on the Senators' blue-line.

But, Ceci's stellar play has created a quandary. In order to keep the talented rookie on the roster, the club is carrying eight defencemen. And that's two too many for coach Paul MacLean.

The problem reared its head last week when, coincidentally, Methot was scratched due to a deemed injury. Methot admitted tweaking something in practice the previous day, but felt he could have started last Tuesday in Washington. Much to his dismay, the eight-year veteran also missed the Sens' next game versus the Lightning. MacLean expressed a desire to keep the lineup that defeated the Capitals intact. Tough to speculate why a top-tier defenceman would remain a healthy scratch, other than Methot may have been punished for airing his grievance. MacLean re-inserted Methot Saturday. Either way, it's not an ideal situation for anyone,



The Blue Jackets' Nathan Horton closes in on Senators defenceman Erik Karlsson on Tuesday night in Columbus, Ohio. Go to metronews.ca for coverage of the Senators' 3-2 win. MIKE MUNDEN/THE ASSOCIATED PRESS

including Joe Corvo, who has been scratched 27 times, Eric Gryba, 24, and Patrick Wiercioch, 20.

The Senators also deployed eight 'D' early in the season when the team was playing poorly. Mark Borowiecki was recalled to lend his physicality to the back end. That experiment lasted 15 games.

MacLean and GM Bryan Murray would like to solve this conundrum, but it's not as easy as it appears. Out of

the eight, only Ceci and Jared Cowen are eligible to be sent to the AHL. It's blatantly obvious that unless he's passing through, Ceci won't see Binghamton again. Cowen is on a one-way deal that pays \$3.1 million per season. Despite bouts of inconsistency, the 23-year-old won't be demoted.

Murray has made it clear the team is searching for offence. The question remains: is the GM dangling one of his blue-liners as trade bait? The

Sens may be willing to do so as their cupboard is full. Borowiecki is on a one-way contract next season and barring a move will be on the big club. Fredrik Claesson is NHL-ready in Binghamton and fellow Swede Mikael Wikstrand should make the move to North America.

The old hockey adage is that "you can't have too many defencemen." However, in this case, the Senators have more than enough.

NHL

Former Sen Prospal hangs 'em up

Vaclav Prospal has retired following a 16-year NHL career.

The move wasn't a surprise. Prospal was scheduled to join the Utica Comets - the Vancouver Canucks' AHL affiliate - last weekend for games against the Abbotsford Heat.

But after talking with his family, the NHL club said the 38-year-old had decided to retire. The NHL Players' Association made it official Tuesday.

The native of Ceske Budejovice, Czech Republic, appeared in 1,108 career NHL games with Anaheim, Columbus, Florida, the New York Rangers, Ottawa, Philadelphia and Tampa Bay. He registered 255 goals and 765 points.

THE CANADIAN PRESS

MLB

Baseball OKs protective caps

Big league pitchers might feel safer on the mound this season.

Major League Baseball has approved a protective cap for pitchers Tuesday, hoping to reduce the damage from line drives to head that have brought some terrifying scenes in the last few years. THE ASSOCIATED PRESS



Seahawks cornerback Richard Sherman speaks on Tuesday in Newark, N.J. GETTY IMAGES

Touch of NHL at icy Super Bowl

Internet star Lil Terrio danced with cheerleaders, an Austrian man dressed as Mozart, another guy wore a Waldo costume and Nickelodeon's Pick Boy was in the house at Prudential Center.

Welcome to Media Day, the annual Super Bowl circus.

It seems fitting this event was held at a hockey rink, of all places, because there's nothing ordinary about it. More than 6,000 journalists, pseudo-journalists and other credentialed "media" from all over the

world gathered at the home of the NHL's New Jersey Devils on Tuesday to meet the Denver Broncos and Seattle Seahawks.

Strange questions were the norm instead of football ones. A man asked Seahawks centre Max Unger if he could touch his long, scruffy beard. He said yes. A woman asked Seahawks defensive lineman Brandon Mebane for a kiss. He said no.

Perhaps the only player who felt at home was Seattle tight end Luke Wilson. He grew

up in Canada, played hockey through his sophomore year of high school and was genuinely psyched to be in an NHL arena.

"I thought it was kind of cool to be here," said Wilson, a fan of the Maple Leafs. "I was a left winger, grinding forward-type of guy. I have two brothers and we would play on the street in front of the house, go to spring camps, played all the time. I played a lot of hockey."

Media Day is one of the wildest scenes in sports. Even cur-

rent football players were in on the "reporting" action. Eagles Pro Bowl wide receiver DeSean Jackson co-hosted a show for BET. Steelers defensive end Brett Keisel interviewed players for a shampoo promotion.

"This is pretty crazy, man. Pretty crazy," Broncos defensive end Malik Jackson said. "They told us there were going to be people dressed up, but you never really know what to expect until you see them."

THE ASSOCIATED PRESS

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Wish Stamkos luck, not a broken leg

The Lightning's Steven Stamkos skates during practice in Toronto on Tuesday. Stamkos, who broke his leg in November, practised 20 minutes during a morning skate prior to the team's game against the Maple Leafs. Stamkos said his goal is to suit up for one of Tampa Bay's final six games prior to the Olympic break and then participate in the Sochi games next month. NATHAN DENETTE/THE CANADIAN PRESS

COC pressures athletes to 'maintain the gain'

The goal is the same, but it will be harder to achieve without the advantage of home ice and snow.

Winning more medals than any other country is Canada's objective at the Sochi Olympics, as it was four years ago in Vancouver.

Canada's 26 medals was good for third overall in 2010, but winning the gold-medal count with a record 14 raised the stakes for Sochi.

Canadians know now their country can be the best

A bigger haul

36

There are 36 more medals to be won in Sochi than there were in Vancouver

in the world in winter sports. The pressure is on to at least "maintain the gain."

"We want to be a contender for the total medals championship and to be number one," Canadian Olympic

Committee president Marcel Aubut says. "We have tried to do everything to get prepared for this incredible and ambitious goal. We love ambitious goals."

A host country beating its medal count at the following Games is rare. It has happened only three times.

The last country to do so happens to be Canada with five medals in Calgary in 1988, followed by seven in Albertville, France, in 1992.

THE CANADIAN PRESS

Contingency plans don't bother players

Olympic security. Sochi-bound NHLers know the league will only keep them from competing in Russia for good reason

The NHL's Olympic break is less than two weeks away but the threat of terrorism is keeping the situation volatile.

After deputy commissioner Bill Daly said the league would consider pulling out of Sochi if something "significant" happens before players arrive, those set to participate are trying not to worry about that scenario.

"Between the NHL and the NHLPA and the Olympic people, in communication obviously with the people in Russia, they're going to advise us if we shouldn't go," Ken Holland of Canada's management team said Tuesday. "I'm looking at the lead of the NHL."

"Until they tell us we're not going, I'm going to Newark and going to jump on a plane and go to Sochi."

A Hockey Canada spokesman said the organization had no official comment, adding nothing has changed about the situation.

Charter planes are scheduled to leave for Sochi on Feb. 9, two days after the opening ceremony. Security concerns are keeping athletes on edge well before that, though Daly said in an email to The Associated Press he doesn't expect the plan to change.

"Obviously, if something significant were to transpire between now and February 9 that causes us to question that conclusion, we will re-evaluate," Daly told AP.

Forward Tomas Tatar, who will represent Slovakia, read about that Tuesday morning before the Detroit Red Wings' morning skate.

"There would (have to) be a good reason if something happens before," Tatar said. "Obviously that would be not everything's OK there, so I would probably agree with the people here — why we should go there if something is not good? Hopefully nothing will happen and I think everything's in good hands." THE CANADIAN PRESS

Quoted

"A lot of crazy people running around in the world today. It's not only in Russia."

Jakub Voracek of the Czech Republic and the Philadelphia Flyers

Slalom

Norwegian zeros in on first career World Cup win

Henrik Kristoffersen of Norway won the final World Cup slalom before the Sochi Olympics on Tuesday for his first career victory.

Kristoffersen, who trailed leader Mario Matt of Austria by 0.09 after the opening leg, had a blistering finish to his second run and finished in 1 minute, 47.43 seconds.

THE ASSOCIATED PRESS

International watchdog. Russia condemned for treatment of journalists

An international journalism watchdog on Tuesday criticized Russian authorities for restricting news coverage of preparations for the Sochi Olympics.

The New York-based Committee to Protect Journalists detailed in a report how Russian and international journalists have been harassed and prevented from covering sensitive stories in Sochi such as the abuse of migrant workers and environmental issues.

Successful survey

A majority of Canadians equate men's hockey gold with success at next month's Sochi Olympics, a new poll suggests.

- Nearly three-quarters of those surveyed in the Harris/Decima poll said Canada winning gold in men's hockey is "important in determining the success of the Games."

- But even more say they view avoiding security threats as the most important measure of whether the Sochi Olympics are a success.

73%
OLYMPIC SUCCESS = CANADA WINNING GOLD IN MEN'S HOCKEY

83%
OLYMPIC SUCCESS = NO SECURITY THREATS

Countdown to the Games

Sochi will host the Winter Games Feb. 7-23.

The report documented how Russian state-controlled media have been ignoring critical issues while few local journalists working for independent news outlets faced a campaign of smear and harassment. THE ASSOCIATED PRESS



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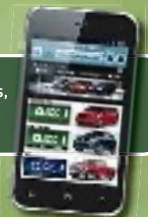


Price for 2014 Dodge Journey R/T AWD shown: \$32,390.⁵



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Based on 2013/2014 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. 2014 Dodge Grand Caravan Canada Value Package – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). 2013 Dodge Dart AERO – Hwy: 4.8 L/100 km (59 MPG) and City: 7.3 L/100 km (39 MPG). 2014 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). Wise customers read the fine print: € , • , * , † , ∞ , \$ The First Big Deal Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after January 7, 2014. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,595 – \$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. €\$8,100 in Total Discounts is available on the new 2014 Dodge Grand Caravan Canada Value Package model and consists of \$8,100 in Consumer Cash Discounts. •\$19,995 Purchase Price applies to the new 2014 Dodge Grand Caravan Canada Value Package (29E) and includes \$8,100 Consumer Cash Discount. \$16,995 Purchase Price applies to the new 2013 Dodge Dart SE (25A) only. \$19,995 Purchase Price applies to the new 2014 Dodge Journey Canada Value Package (22F) only and includes \$2,000 Consumer Cash Discount. *Consumer Cash Discounts are offered on select 2013/2014 vehicles and are deducted from the negotiated price before taxes. †4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Retailer may lease for less. See your retailer for complete details. Examples: 2014 Dodge Grand Caravan Canada Value Package (29E)/2013 Dodge Dart SE (25A)/2014 Dodge Journey Canada Value Package (22F) with a Purchase Price of \$19,995/\$16,495/\$19,995 leased at 4.99% over 60 months with \$2,599/\$3,029/\$3,779 down payment, equals 260 weekly payments of \$49/\$49/\$49 with a cost of borrowing of \$3,834.80/\$2,718/\$3,494.10 and a total obligation of \$14,567.80/\$14,661.40/\$14,619.80. †0% purchase financing for up to 36 months available on new 2013 Dodge Dart models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Dodge Dart SE (25A) with a Purchase Price of \$16,995, with a \$0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of \$217.88 with a cost of borrowing of \$0 and a total obligation of \$16,995. ∞NO PURCHASE NECESSARY. Contest begins November 27, 2013 at 9:00:00 a.m. ET and ends February 28, 2014 at 11:59:59 p.m. ET. Contest open to legal residents of Ontario who have reached the age of majority at the time of entry. One (1) entry per person. To enter, you must visit any participating Chrysler, Jeep, Dodge and Ram retailer during the contest period and purchase/finance/lease any new 2012, 2013 or 2014 Chrysler, Jeep, Dodge or Ram vehicle (excluding SRT Viper models). Four (4) grand prizes available to be won, each consisting of a pair of VIP tickets and trip to watch the 2014 Battle of Ontario in Ottawa on April 12, 2014. Tickets are for April 12 ONLY. Price includes round trip travel for two and two night's hotel accommodation (if required). Approx. retail value: \$5,000 per prize. Mathematical skill-testing question required. For complete contest rules, including no purchase means of entry, go to: www.chrysleroffers.ca/battleofontario. \$2014 Dodge Grand Caravan Crew Plus shown. Price includes Consumer Cash Discount. 2013 Dodge Dart GT shown. Price includes Consumer Cash Discount. *Based on U.S. market and vehicles under \$18,000 US. For more information, visit www.kbb.com. Kelley Blue Book is a registered trademark of Kelley Blue Book Co., Inc. **Based on 2013 Ward's upper small sedan costing under \$25,000. ^Based on R. L. Polk Canada, Inc. May 2008 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. ♦Real Deals. Real Time. Use your mobile device to build and price any model. 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2014 Toyota Highlander

Review. Building on good engines and solid street cred with more style and room

MALCOLM GUNN
wheelbasemedia.com

If you're wondering why minivan sales have been in steady free-fall for the past few years, it's partially because of vehicles such as the Toyota Highlander.

When it arrived for the 2002 model year, the Indiana-built Highlander was one of the initial part-wagon, part-sport utility vehicle models on the market. This so-called "crossover" borrowed its platform and basic running gear from the Toyota Camry, but added available all-wheel-drive and an occasional-use third-row seat to the mix a couple of years later. By then, the Highlander had become one of the most popular Toyotas on the market.

If there was a knock against the Highlander, it was that the vehicle's anonymous styling actually made it difficult to identify, even up close. That has now been rectified with the installation of one of the Toyota family's distinctive trapezoid-style grilles that quite honestly looks better on certain models than others.

That also goes for the cabin that is significantly roomier, thanks to some clever repackaging and a 15-centimetre wider body. That translates into a 9.5-centimetre wider interior, which is enough to provide space for three people for the third row seat in what had previously been a two-person affair. The Highlander now seats up to eight passengers.



PHOTO: WHEELBASEMEDIA.COM

Third-row access has been enhanced since the second-row bench (or optional dual high-back bucket seats) offer 7.6 centimetres of fore and aft travel. Both second- and third-row benches are split 60:40 for maximum stowage versatility. However when in full use, the area behind the third row has been enlarged by 34 per cent. Loading the cargo area can be accomplished with either the liftgate raised or with the optional flip-up rear glass raised.

The rest of the interior has been appropriately dressed-up with added soft-touch material covering the instrument panel plus new premium fabrics and faux wood trim on up-level trims. Powertrain options carry over unaltered from 2013 and vary according to need and your desire to minimize fuel consumption. The starting point is a 185-horsepower 2.7-litre four-cylinder, while a 270-horsepower 3.5-litre V6 is optional. Each is connected to a six-speed automatic

2014 Toyota Highlander

- **Type.** Four-door, front-/all-wheel-drive, eight-person wagon
- **Engines (hp).** 2.7-litre DOHC I4 (185); 3.5-litre DOHC V6 (270); 3.5-litre V6 with front and rear electric motors (280)
- **Transmissions.** Six speed auto
- **Base price (incl. destination).** \$33,400

Design

The Highlander projects more aggressiveness, but not to the degree that you would confuse it for an off-road-oriented 4Runner or king-size Sequoia wagon. The rest of the body from the hood to the liftgate is more shapely and correctly conveys the sense that the Highlander is a quality piece of work.

Compare



1 Chevrolet Traverse
Base price: \$35,000



2 Mitsubishi Outlander
Base price: \$27,700

Fuel economy

At 10.4 l/100 km in the city and 7.3 on the highway, the front-wheel-drive-only four-cylinder has lower fuel consumption than the all-wheel-drive V6 and allows Toyota to peg the base price at \$33,400, including destination charges.

transmission.

The thriftiest of the bunch is the all-wheel-drive Highlander Hybrid that uses a 231-horsepower 3.5-litre V6 combined with front and rear electric motors to generate 280 combined horsepower. This option, which is mated to a continuously variable transmission, is rated at 6.6 l/100 km in the city and 7.3 on the highway, compared to 12.6/8.7 for AWD-V6 Highlanders. Toyota continues to maintain a three-trim strat-

egy for the Highlander. Base front-wheel-drive models cover most of basics and include heated side mirrors and dual-zone climate control.

Base V6 versions add a backup camera, power rear liftgate, eight-way power driver's seat and a 15.5-centimetre touchscreen for communications and infotainment services.

The top-level V6 Limited is gussied up with tri-zone climate control, perforated leather-covered seats (heated

in front) and an Premium JBL audio system/navigation combo. The Highlander Hybrid can also be had in three trim levels, with prices ranging from \$45,000 for the Standard Package, up to \$54,000 for the Limited.

Whichever model you choose, the latest Highlander adds more style, comfort and spaciousness, which are features that ultimately lead to a more satisfying experience for drivers and passengers.

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Quiet riot: Silence isn't always golden

Autoknow. Are cars too quiet? As incredible as it seems, it's a problem that governments and companies are spending millions on while others claim that adding noise is yet another crutch for lousy driving

TODD D. BURLAGE
wheelbasemedia.com

The entire initiative seems counterintuitive and a bit contradictory, at least on the surface. In the name of noise-pollution control, automakers have spent decades trying to reduce sound emissions in their machines.

But in an effort to improve safety for pedestrians and bicyclists, federal mandates are being drafted this summer that are designed to make hybrid and electric vehicles (HEVs) ... noisier.

Two studies by the U.S. National Highway Traffic Safety Administration (NHTSA) confirm what the agency already suspected. HEVs operate so quietly they are, apparently, a growing safety hazard to bicyclists and pedestrians, especially the blind.

"Blind people simply cannot travel safely and independently without hearing vehicle sounds," said Chris Danielsen from the U.S. National Federation of the Blind.

"We use the sound of traffic to determine the speed and direction cars are moving, as well as if they are accelerating or decelerating. We got a lot of feedback from members saying they had close calls with these (electric) cars."

The NHTSA study found that at speeds below 35 mph (56 km/h) — the speed at which tire and wind noise are negligible — HEVs move so quietly, they are 37 per cent more likely to collide with walkers and 66 per cent more likely to collide with cyclists than traditional gas-powered cars.

These NHTSA findings, coupled with the Pedestrian Safety Enhancement Act of 2010, have created a federal mandate for noisemakers to be built into all new HEVs by 2017.

Details are still being worked out, but some automakers have wasted no time addressing these upcom-

Quoted

"Blind people simply cannot travel safely and independently without hearing vehicle sounds."

Chris Danielsen from the U.S. National Federation of the Blind

ing regulations. Ford even posted four audible choices on its Facebook page for consumers to vote on which one is the best noise option for its future HEVs.

"We're trying to find a distinct sound that's pleasing to customers and alerts them of an oncoming vehicle," said Dave McCreadie, Ford's noise/vibration supervisor for hybrid and electric vehicles. "This sound needs to be something that can be integrated into a person's sound spectrum so they can immediately recognize the noise and associate with an (electric vehicle) approaching ... just like we do with emergency vehicle sirens."

The Chevrolet Volt hybrid makes a chirping sound when its turn signal is activated and the Nissan Leaf electric car makes a whirling sound moving forward and a chirp in reverse. Toyota spent about two years developing a futuristic Jetson-like noise for its popular Prius hybrid. Audi engineers actually spent more than three years working with a music composer to make the racy Audi R8 e-tron all-electric sports car sound like a Formula One racing machine.

"You don't have any tool you can buy on the market," said Dr. Ralf Kunkel, head of acoustics for Audi AG. "You have to develop the hardware. You have to develop the software. You have to find a great sound for the car."

Final and firm U.S. Government mandates for minimum sound levels are approaching as the NHTSA had until 2014 to release its guidelines and put these safety initiatives in place. There's no apparent decision yet and several issues need to be addressed. Will the artificial noise come from the motor or will it be electronically simulated through a device mounted on or hidden in the front bumper? Will the driver have control over whether the simulated sound is emitted, or will the warning noise be generated automatically?



As more electric cars roll out (Toyota NS4 concept pictured), the streets will grow quieter. This has some concerned, particularly for the safety of sight-impaired pedestrians. Others say that drivers should just watch where they're going. ALL IMAGES WHEELBASE



With many internal-combustion cars making almost no noise while idling at intersections, should cars such as the Ford Focus electric be singled out for being too quiet, or should all cars come with added noise?

Many details remain unsettled but some feelings of government intrusion on the issue do not.

Paul Scott is the vice president of Plug In America, an advocacy group that promotes the use of electric and hybrid vehicles. He said that the sound of silence provides much of the appeal to these HEVs and it should not be squelched.

"Quiet cars need to stay quiet. We worked hard to make them that way," Scott said. "It's the driver's responsibility not to hit somebody."

Scott and anti-noise-pollution groups are making plenty of their own noise with the belief that common sense and diligence should supersede big government on this matter. Their main

Quoted

"We're trying to find a distinct sound that's pleasing to customers and alerts them of an oncoming vehicle."

Dave McCreadie, Ford's noise/vibration supervisor for hybrid and electric vehicles

argument is that the 125 collisions examined by the NHTSA between HEVs and pedestrians/cyclists in the 2009 study provided too small of a sample to offer much credibility.

"I don't know of any injuries related to this, but it is a concern," Toyota spokesman John Hanson said of the stealthy hybrids. "It's a fact that these cars are very quiet



Charging up the debate: Should electric cars and hybrids all have the same recognizable sound in the same way that everyone knows what an emergency vehicle sounds like? How loud should that sound be? What will generate it and when will it be needed? These are all questions that need answers.

and could pose a risk to unsighted people."

The debate over minimum noise requirements is a lively one, but not a new one.

Back in the age of actual horsepower, the sound of sleigh bells had nothing to do with holiday cheer and everything to do with not getting trampled by a horse. The City of Baltimore, Md., even issued a \$1 fine to anyone who didn't make their sleigh noisy enough.

We've come a long way since the days of sleigh bells

and carriages, but the objectives for improved safety on the roadways remain the same.

For much of the general population, any mandate to increase vehicle noise might seem like meddling government and a misguided use of time and money on a problem that's at best anecdotal. But for the more than one million North Americans who are legally or completely blind, electric vehicles can be both silent and deadly, and a little fake noise could be a real lifesaver.

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Equus Bass 770 allows fans to dream

\$250K US price tag.

Anonymous passionate millionaire built 100 of these gems and the aesthetically pleasing model surprised many at the Detroit Auto Show



AUTO PILOT
Mike Goetz
drive@metronews.ca

By the time Equus Automotive took the stage at the 2014 auto show in Detroit, the press crowd had thinned out appreciably. Getting slot number 32 on a two-day press conference schedule will do that to anyone, especially to an automaker hardly anyone has ever heard of before.

But Equus Automotive managed to make a bit of a buzz at Detroit by the best way possible — by introducing an exciting automobile, and one from left field so to speak.

The Equus Bass 770 was touted as the quintessential American Luxury GT. Its overall shape pays obvious homage to the Ford Mustang Fastback, circa 1969, while



The interior of this dream car is a beautiful blend of classic and modern.

the front grille and headlight design seems to channel the vibe of the Plymouth GTX or Plymouth Roadrunner, circa 1971.

It has a 640-hp V8 from General Motors, and lots of aluminum construction to keep the weight down. Not surprisingly, it accelerates real good and tops-out at over 200 mph (321 km/hr). If you want a totally modern car under a body inspired by the golden age of American pony cars, this is your ride — as long as you can plunk down the US\$250,000 asking price.

The 25 employees at the Equus factory in Rochester Hills, Michigan, can build about 100 cars a year. So far 20 orders have been placed, all from overseas customers.

Race driver Ian James is the spokesman and ambassador for Equus; he noted the company is owned and bankrolled by a European businessman who has a passion for classic muscle cars but wishes to remain behind the scenes.

I find it fascinating how these wealthy “car guys” keep doing this — imagining their



The body of the Equus Automotive pays homage to the old Ford Mustang Fastback. EQUUS AUTOMOTIVE

perfect ride and then setting up a company to build a small number of them. Why don't they just build one from scratch for themselves and forget about all these tooling and development costs?

I guess having a custom-built car is one thing, but having it come to life via a genuine car company, and then have other people confirm your aesthetic by buying some examples, is a level or two better on whatever scale they operate on.

It can't be for business reasons. History has shown

that when relatively small companies tool up to build limited-production high-end cars, things tend to go real-bad real-fast in the accounting department. They're up against very high production and design costs, a very limited and fickle market, and not much room for error.

You only had to look at the Detroit press conference held immediately before the Equus event. Henry Fisker's dream to build the Fisker Karma plug-in hybrid went bankrupt this year. VL Automotive, co-founded by

industry veteran Bob Lutz, is taking those beautiful but suddenly not-worth-so-much Karma bodies and reformulating them with Corvette V8 engines — basically the same engines in the Equus Bass 770.

But you gotta love guys like Henry Fisker, Malcolm Brickland, Giotto Bizzarini, Alejandro de Tomaso, etc., as well as that unnamed guy behind the Equus Bass 770. They all brought, or bring, passion, interesting stuff, and colour to the automotive landscape.

Parts department

WHEELBASE MEDIA

More McQueen

For many people, actor/racer Steve McQueen has yet to be topped as the coolest cat who ever lit up the screen. And that includes Sean Connery, Paul Newman, James Garner and any of the current crop of heartthrobs. Sonic Editions, a company that specializes in all kinds of classic images, offers limited-edition Steve McQueen photographs from the Michael Ochs Archives in Los Angeles, Calif. Ochs took most of the pictures back in 1971 when McQueen was directing and starring in his racing movie entitled “Le Mans”. Each of the prints is produced on high-grade Fujicolor Crystal Archive paper and comes professionally framed. Order your McQueen copy starting at \$120 US for an 11- x 14-inch print (up to \$380 US for the 24- x 30-inch version) from soniceditions.com.



Jeeps for tots

It seems as though Chrysler's Jeep division is out to reel in prospective buyers almost as soon as they're born, or at least convince their

parents to get one. Among Jeep World's wide range of accessories is its line of baby strollers, including this neat three-wheel Jeep Adventure Jogging Stroller. It features the kind of accessories you would find or appreciate on an actual Jeep, including a shock-absorber suspension, multi-position reclining seat, height-adjustable steering handles, cup holders, stowage basket and five-point safety harness. Also included is what's called an iBaby sound system for connecting your portable audio device. The Jeep Adventure Jogging Stroller rolls on 26-centimetre pneumatic tires and has a 27-kilogram capacity. Buy one for \$250 US from jeepworld.com.



Bueller's movie house

For die-hard fans of Ferris Bueller's Day Off, this would make the ultimate piece of movie memorabilia. Up for sale is the home where, in the 1986 film, Ferris's pal Cameron lived. As you might recall, it's also where Cameron's father parked his 1961 Ferrari 250 GT California Spyder. The red roadster (in reality, a Ford-V8-powered replica) figured prominently in the film and, near its conclusion, it ended up in a ravine after Cameron pushed the car — which was up on jack with the wheels spinning — backward through one of the garage's plate-glass windows. Actually, the four-bedroom Highland Park, Ill., (a Chicago suburb) house has been on the market for some time for \$1.65 million US. The asking price has recently dropped



to a more affordable \$1.5 million US (not including the Ferrari). You can check it out the full listing at redfin.com.

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*BI-WEEKLY LEASE ONLY AVAILABLE ON 48-MONTH TERMS OR GREATER.

HondaOntario.com
Ontario Honda Dealers



Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Selling prices and payments include freight and PDI (ranges from \$1,495 to \$1,695 depending on 2014 model), EHF tires (\$29), EHF filters (\$1), A/C levy (\$100 except Civic DX and Fit DX models), and OMVIC fee (\$5). Taxes, license, insurance and registration are extra. ^oRepresentative bi-weekly lease example: 2014 Civic DX Sedan // 2014 Fit DX // 2014 CR-V LX 2WD on a 60 month term with 130 bi-weekly payments at 2.99% // 2.49% // 2.99% lease APR. Bi-weekly payment is \$87.93 // \$82.93 // \$148.74 with \$0 down or equivalent trade-in, \$650 // \$725 // \$0 lease incentive deducted from the negotiated selling price before taxes (applies only to Lease contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program), \$0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is \$11,431.45 // \$10,780.69 // \$19,336.43. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ^{**}Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2013. ^oBased on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.

AGM units has the battery power X-Factor

Driving Force.

Absorbed glass mat batteries deliver a quicker and more reliable charge for electrically heavy cars

JIL
MCINTOSH
Drive@metronews.ca

A good battery can make the difference between getting to work on a cold morning, or sitting in your driveway waiting for a boost. A technology called absorbed glass mat, or AGM, can help improve its performance. That's an important consideration, since the battery does more than just start your car.

"The charging system can't keep up with all the demands that you place on the vehicle," says Sergio Marsili, senior buyer for automotive batteries at Canadian Tire. "You have the heater, the air conditioning, the heated seats, headlights, the radio. Some cars have as many as fifty computers in them that need to be powered.

"On an older car, you could jump-start your battery and drive for a few hours, because there were very few electronics in the car. Today, if you have a broken battery, jump-starting it might get you started, but two minutes down the road it may stall again, because it needs that power



AGM or Absorbed Glass Mat batteries charge faster and are more reliable.

from the battery."

Car batteries make electricity through a chemical reaction between electrodes, usually made of lead, and a liquid electrolyte, usually sulphuric acid—which is why they're called lead-acid batteries.

In an AGM battery, there's a fiberglass mat between the electrodes, which holds the electrolyte like a sponge. "There's no free-flowing liquid, so nothing leaks out or is sloshing around in there, and the electrolyte is suspended in these glass mats under very tight compression," Marsili says. "The benefit is that the battery charges faster, even in cold temperatures, and it's always at a higher state of charge than a regular battery might be."

Most car batteries provide a lot of power in a short burst when starting, and then they recharge. They're not designed for deep discharges, such as when you leave your headlights on or run electronic features with the engine off, but AGM batteries can better tolerate it. Because they're tightly packed inside, they're also less likely to be affected by vibration, such as if you drive a lot on rough roads.

Once a battery's about three years old, it should be checked by a technician before each winter. "About one-third of customers replace their batteries proactively, while the other two-thirds wait for it to fail," Marsili says. "There's nothing more frustrating than a dead battery."



AGM batteries help electronically-heavy cars manage better. BOTH CANADIAN TIRE

Horoscopes

Aries

March 21 - April 20

You may dream of starting from scratch some place new but deep down you know it isn't going to happen. Focus on making the best of where you are and what you have got.

Taurus

April 21 - May 21

You may be determined to discover the truth about something you believe others have been covering up but don't start reading fanciful stuff into situations that are really quite normal.

Gemini

May 22 - June 21

A friendship that has been on a downward spiral will pick up again as from today. You will have to accept that in certain areas you are and always will have different points of view.

Cancer

June 22 - July 23

What you say and do now will determine the level of material and professional success you will enjoy over the next few months. Don't say and do what you think will please those in positions of power. Please yourself first.

Leo

July 24 - Aug. 23

Your aims may seem impractical to some but so what? The approaching new moon will give you a head start on your rivals and no matter how far behind you may be, you will soon be ahead of the pack.

Virgo

Aug. 24 - Sept. 23

Don't fret about how much something is going to cost you. If it is really what you want to be doing then just get on and do it and worry about the financial considerations later.

Libra

Sept. 24 - Oct. 23

Romantic relationships are well starred today. Let the object of your affection know that they are, always have been, and always will be number one in your heart. If you do, the next few days will be extra special.

Scorpio

Oct. 24 - Nov. 22

If your daily routine is too demanding, maybe it's time you did something about it. However, because the changes you make this week are likely to become permanent, make sure you really want them.

Sagittarius

Nov. 23 - Dec. 21

Why are you not getting what you want out of life? If you are honest, you will admit it is because you are spending too much time on things of minor importance. Use your talents!

Capricorn

Dec. 22 - Jan. 20

Help loved ones feel as good about themselves as you feel about yourself. That may be no easy task but it must be done because happiness at home is essential to other things.

Aquarius

Jan. 21 - Feb. 19

The things you think about today are the things you will be doing tomorrow and the day after that, no matter how outrageous some of your thoughts may be!

Pisces

Feb. 20 - March 20

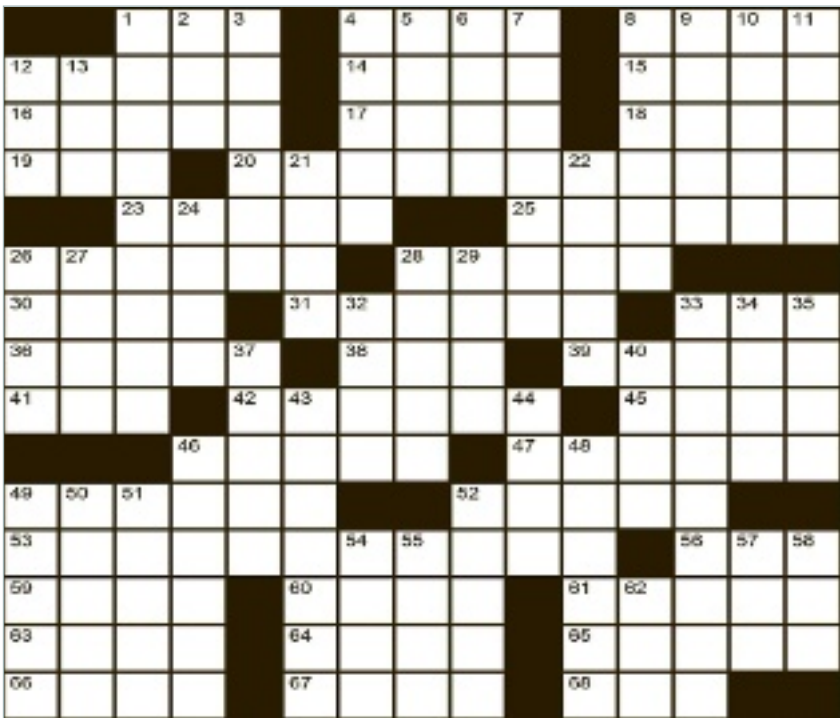
Listen to advice and don't be afraid to act on what you hear. Not everyone is trying to trick you or steal from you, so play down your suspicions and play up to the kind of important people who can help you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Chitchat
- Magician's prop
- "Shoot!"
- Nickname of Prince Charles' first bride: 2 wds.
- Wing-shaped
- "Beach" by Martha & The Muffins
- Trunk
- Doubled Doris Day song word
- Transport by ocean
- Whistle blower?
- Ottawa-born star-of-the-slopes/Olympian: 2 wds.
- Top-tiered star's spot
- Health care professionals
- Turn the key and open
- Bobby Hull's son
- Get ready for the trip
- Detective
- Shortened home
- Unflappable
- Legendary boxing surname
- Area near Montreal, The South
- Languish
- Former Canadian department store
- Not much, just
- Fashion retailer Michelle Obama



likes, ___

- Charge in the court
- Quebec Premier, Pauline
- Embellishments-less
- Rural-esque region of Winnipeg
- Enshrouded
- Emptiness
- Ms. Peebles'

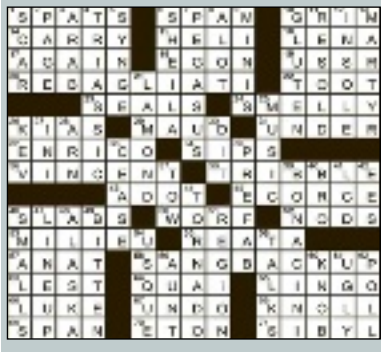
- Figure of speech
- Rick's movie beloved
- Eye part
- Peter of Herman's Hermits
- Religious realm
- Mention
- Mr. Byrnes of "77 Sunset Strip"
- Arctic hunting

- bird which is NWT's official bird
- Dates not as ancient as BCs
- It describes Jaime Sommers
- "Hmmm, I ___ aware of that."
- Baldwin brother
- Not
- 1987 movie in which Dan Aykroyd

- starred as classic TV character Sgt. Joe Friday
- Sahara
- Throbs
- Big river in Europe
- Slangy negatives
- Geography abbr.
- Cultivate
- Questions
- Ms. Buzzi of "Laugh-In", and

- others
- Tricky Norse deity
 - ___daisy
 - Mr. Berkus, Oprah protege
 - Bruce Greenwood film, "Eight ___" (2006)
 - Total
 - Tardy
 - Movie with a big Bryan Adams hit, "___: Prince of Thieves" (1991)
 - Country's Mr. Church
 - Paving+stone
 - Mr. B. DeMille
 - "Well, ___ known that..." (Things would be different now if...)
 - Particular poison
 - Barn's pal
 - Musician Marc
 - Chuck Berry title song lady
 - Christine of Fleetwood Mac
 - '60s tune: "You Really Got ___ on Me"
 - Lift
 - Western movie search party
 - iPhone's voice-activated helper
 - Serve at the restaurant
 - Highway 'home'
 - Tint
 - Mr. Stewart

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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INFORMATION SESSIONS

MBA (intensive or professional)

January 29, 2014
February 20, 2014
March 6, 2014
March 20, 2014

MBA en français (hybride en 2 ans)

February 6, 2014*
February 27, 2014*
March 13, 2014*

Master of Health Administration (MHA)

February 20, 2014
March 6, 2014
March 20, 2014

MSc Health Systems and Management

January 29, 2014*
February 4, 2014
March 4, 2014

** These events will be in French only.*

Register:

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Questions?

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